

express

LIPOSUCTION
Unwanted Fat Removed
Permanently!

Spring Special Ends Soon!

vita
SURGICAL GROUP
www.vitasurgical.com

202.452.1332 24" and 1 St. Foggy Bottom Metro
Tyson's Corner 703.533.1025
Alexandria 703.465.0666
Bethesda 301.738.6766
Columbia/Baltimore 410.730.7226

A PUBLICATION OF **The Washington Post** | WWW.WASHINGTONPOST.COM/EXPRESS | APRIL 11, 2006 | >> **FREE** <<

Tuesday



KEVIN WOLF/AP

RFK Stadium is ready for the Nats, but are fans?

Ho-Hum Opener: For Nats, home debut draws little buzz | **10**

No DNA Link: Tests find no matches in Duke rape case | **13**



Skilling's Side:
Enron's ex-chief says he's 'absolutely innocent' | **8**

ENTERTAINMENT

Soft Metal:

Rob Zombie bangs the head slowly. Also, Mel Brooks DVDs; Bubba Sparxxx.

>> **14-19**



Weather >> Mostly Sunny



72 | 50

FULL FORECAST ON PAGE 31



'NATION OF IMMIGRANTS': Tens of thousands of protesters demanding citizenship for illegal immigrants stage a peaceful rally on the National Mall on Monday.

D.C. Rally Cry: 'Let Us Stay'

Thousands march to Mall in support of immigrant rights

WASHINGTON | Immigration rights supporters marched Monday from Washington's Hispanic neighborhoods past the White House in an event they had hoped would be a celebration of a bill to put illegal immigrants on the path to citizenship.

After that measure collapsed in the Senate last week, the march turned into a protest against a House alternative that would instead make illegal immigrants felons.

"America is a nation of immigrants. Let us stay," read a sign carried by Jason Ayestas,

17, of Woodbridge, Va. He said he was a U.S. citizen, representing family members here illegally.

One architect of the House measure denied that the bill would criminalize people who help illegal immigrants, and he said the protests were really an effort by the "illegal alien lobby" to win government-sanctioned amnesty. "Amnesty is an affront to American law and America's tradition of legal immigration,"

said Rep. Tom Tancredo, R-Colo.

A crowd of tens of thousands of immigrants, their families and supporters stretched 10 blocks through heavily Hispanic neighborhoods toward the White House, joining thousands of other protesters already assembled on the National Mall. Once there, protesters solidly filled five blocks of the Mall. Police provided no crowd estimate.

Tens of thousands also demonstrated in cities across the country as part of the "National Day of Action for Immigrant Justice." (AP)

♦ **'This is our moment':** Immigrants find their voice through widespread protests across the country | **Page 3**

WHOOOPS | Quick, Somebody Call ... Us The address was familiar to firefighters in Pine Bluff, Ark.: They were called to fight a fire in their own firehouse. Someone left fish frying in the kitchen when the crew at Fire Station No. 7 rushed out on a call.



Jimmy Quinn, a neighbor, noticed the smoke and tried to douse the flames himself with a fire extinguisher; when he couldn't, he called 911. Firefighters returned to their station and put out the fire themselves. (EXPRESS) **EyeOpeners** | **Page 2**

eyeOpeners

CHARGES

Maybe He Should Look Into Getting a New Plan

A Kedah, Malaysia, man said he nearly fainted when he got a \$218 trillion phone bill and was ordered to pay up within 10 days or face prosecution. Yahaya Wahab said he disconnected his father's phone line in January after he died, and settled the \$23 bill. But, earlier this month, Telekom Malaysia sent him a \$218 trillion bill for telephone calls, along with orders to settle within 10 days or face legal proceedings. "If the company wants to seek legal action as mentioned in the letter, I'm ready to face it," Yahaya said. (AP)



PATTERNS

The Teachers at This School Need a Raise

A warrant was issued for a second middle school teacher in Pensacola, Fla., accused of letting students sit out of gym class in exchange for \$1. Authorities said Tamara Tootle told

students that they didn't have to dress for her physical education class, but would still receive full credit for participation if they gave her \$1. Tootle has resigned and is facing bribery charges, police said. A former teacher at the same school was arrested in February on charges of pulling the same stunt. (AP)



TOM HEVEZI/AP

GOURMET

Sand-rich

Scott McDonald claims that his creation is the world's most expensive sandwich. The "McDonald Sandwich" — shown here at Selfridges Department Store in London on Monday — is made of Wagyu beef, fresh lobe foie gras, black truffle mayonnaise, brie de meaux, rocket, red pepper and mustard confit, and English plum tomatoes, all packed into 24-hour fermented sourdough bread. It sells for \$148.33. (AP)



"Do you mind if I make a phone call? I have to make my sheep's coat fall off."

SHEARING

I-800-GET-WOOL

University of South Australia researchers say they are inventing a way to shear sheep by dialing a number on a cell phone, the Australian Broadcasting Corp. reported. Scientists are creating a bioactive chemical that would be implanted in sheep and activated by dialing a certain cell number. When triggered, the chemical would begin the process of breaking down wool fibres, cutting down on cutting time. (EXPRESS)



CONGRESSIONALMOTORS

Price & Service. Always.



\$4,000 off MSRP!
'06 VW Passat Sedan
Loaded/Stand. Fact. Equip/2.0 T
#E061088



\$17,488
'06 New Jetta
Auto Trans/AC and More!
#E061292



\$16,988
'06 VW New Beetle
Auto Trans/CD and More!
#E061333



'06 VW Phaeton
Lease \$698 x 36 months*
\$2,350 due at signing, no security deposit due.
Excludes taxes, tags, freight, processing fee & gas guzzler tax. #E061002



'06 VW GTI
IN STOCK NOW!
CALL FOR PRICING.



'06 New Jetta Turbo
Lease \$249 x 36 months*
\$747 due at signing, no security deposit due.
Excludes taxes, tags, freight, & processing fee.
Must qualify owner loyalty. #E061338

*10K per year. All prices plus tax, tags, freight and processing fee. All incentives included.
\$500 Owner Loyalty must finance through VW Credit. All programs expire 4/19/06.

800 784 2920

Just 5 minutes from I-270 to Wootton Pkwy & Rockville Pike
congressionalmotors.com



Se habla Español

Drivers wanted. 

Introducing The Latest Technology In Comprehensive Dental & Orthodontic Care

All In One Facility

- Implants
- Emergency Care
- Dental Check-Ups
- Crowns & Bridges
- Root Canal Therapy
- Oral Surgery
- Periodontics
- Cosmetic Dentistry
- Orthodontics
- Digital Computerized X-Rays
- Intra-Oral Camera/Video Imaging
- Air Abrasion (No More Needles)
- EVENING HOURS BY APPOINTMENT

2 blocks away from Farragut North and Farragut West Metro

Free Orthodontic Consultation
Free Implant Consultation

K Street Dental & Orthodontic Group
Dr. A. Shouhayib & Associates

K Street Dental
1990 K Street NW, Suite 15-A
Washington, DC 20006
202.775.0167

308 Main Street
Gaithersburg, MD 20878
Beside Whole Foods
301.977.9787

www.kstreetdental.com

Now that there's a choice, which would you choose?

Straight Teeth. No Braces.

PREMIERE INVISALIGN PROVIDER
(top 5% Nationwide 2005)

LE CHAT NOIR

Restaurant Français in Friendship Heights



Special Easter
Saturday & Sunday
Brunch two courses \$21.95
including 1 glass of champagne
Dinner menu, three courses \$35
Go on the events web page to check the menu

202.244.2044

4907 Wisconsin Avenue, NW
Washington, D.C. 20016

info@lechatnoirrestaurant.com

NOT A VIDEOGAME: A Swedish video game entrepreneur involved in the 162-mph crash of a Ferrari has been arrested and accused of grand theft auto for an illegal collection of exotic cars, including the \$1.2-million Ferrari.



Nation

In Brief

WASHINGTON

Figures in Phone-Jamming Plan Linked to White House

Key figures in a phone-jamming scheme designed to keep New Hampshire Democrats from voting in 2002 had regular contact with the White House and Republican Party as the plan was unfolding, phone records show. Bush campaign operative James Tobin, who recently was convicted in the case, made two dozen calls to the White House within a three-day period around Election Day 2002. (AP)

DENVER

Transit Workers Back at Jobs After Weeklong Strike

Trains and buses started rolling again Monday to the delight of thousands of Denver-area commuters who had to find another way to get to work during a weeklong transit strike. The Regional Transportation District's 1,750 workers had walked off the job April 3 after rejecting a contract offer that their union leader recommended. (AP)

NEW ORLEANS

Charges Dropped Against Man Beaten by City Police

Prosecutors have dropped charges against a retired teacher who was beaten by New Orleans police during an arrest caught on videotape shortly after Hurricane Katrina, he and his lawyer said Monday. Robert Davis, 64, had been charged with public intoxication, resisting arrest and battery on a police officer. (AP)

Immigration Rallies Fill U.S. Streets

Protesters march to demand citizenship for illegal workers

NEW YORK | Hundreds of thousands of people demanding U.S. citizenship for illegal immigrants took to the streets in dozens of cities from New York to San Diego on Monday in some of the most widespread demonstrations since the mass protests began around the country two weeks ago.

Rallies took place in communities of all sizes, from a gathering of at least 50,000 people in Atlanta to one involving 3,000 people in the farming town of Garden City, Kan.

Demonstrators in New York City held signs with slogans such as "We Are America," "Immigrant Values are Family Values," and "Legalize Don't Criminalize."

The protesters have been urging lawmakers to help an estimated 11 million illegal immigrants settle legally in the United States. A bill passed by the House would



RALLYING CRY: More than 4,000 people attend a rally for immigration outside the Capitol building in Lincoln, Neb. on Monday.

crack down on illegal immigrants and strengthen the nation's border with Mexico. A broader overhaul of immigration law stalled in the Senate last week.

The Rev. James Orange from the

Georgia Coalition for the People's Agenda compared the march to civil rights demonstrations led by the Rev. Martin Luther King Jr. and farm-labor organizer Cesar Chavez.

"People of the world,

we have come to say this is our moment," Orange said.

DEEPTI HAJELA (AP)

Immigration Rallies: Read more about the protests, Today AI

Death Not Linked to Abortion Pill

WASHINGTON | Health officials said Monday they have ruled out the abortion pill RU-486 in one of two deaths of women who had taken the drug. The second remains under investigation.

The one death was unrelated to either abortion or use of the pill, the Food and Drug Administration

said. The second woman showed symptoms of infection. One of the women died weeks after her abortion, although it was not immediately clear which of the two.

Four other women have died of a rare but deadly infection after undergoing pill-triggered abortions. (AP)

Family Sues Over Ignored 911 Call

SOUTHFIELD, MICH. | A \$1 million lawsuit was filed Monday by the family of a 5-year-old boy whose calls to the emergency services were ignored as his mother lay dying.

Robert was alone with his mother Sherrill Turner when she

collapsed in the bedroom. He called the emergency services at 5:59 p.m. and told the operator that his mother had passed out, but the operator asked to speak with an adult, according to Robert's oldest sister Delaina Patterson.

Police eventually arrived at the house after a second call placed at 9:02 p.m. on Feb. 20, but Turner already was dead. (AP)

Allergies?

Spring has Sprung.

Allergies are more than a runny nose and watery eyes. Cold-like symptoms, poor performance at work or school, headaches and fatigue may be caused by allergies. Our allergists have the latest medicines, testing and treatment programs to help you feel better quickly, safely and easily, all without those painful scratch tests.

Please accept our invitation to visit us and to make an appointment today.

Please call for an appointment
T: 800.287.2829 MyAllergyCare.com

We participate with most health-plans

Allergy Care Centers
Care for All Seasons

Offices conveniently located in: Ballston • White Flint • Chantilly • North Potomac • Vienna • Wheaton Plaza • Gaithersburg • Springfield • Sterling

Have you had severe mood swings and now feel DEPRESSED?

- Do you have highs and lows?
- Feeling down or like crying?
- Have difficulty making decisions?
- Feel hopeless or worthless?
- Can't sleep or sleeping too much?
- Have low energy or appetite changes?
- Can't concentrate?
- Don't enjoy things the way you used to?

THE GEORGE
WASHINGTON
UNIVERSITY
MEDICAL CENTER
WASHINGTON DC

If you are experiencing some of these symptoms,
you may be suffering from
Manic-Depression (Bipolar Disorder).

If you are between 18 and 65 years of age, have been
feeling this way for at least 2 weeks, you may qualify to
participate in a medication treatment research study.

**For Information
Call (202) 994-CARE**

www.GWcare.org

The George Washington University is an Equal Opportunity/Affirmative Action Institution.

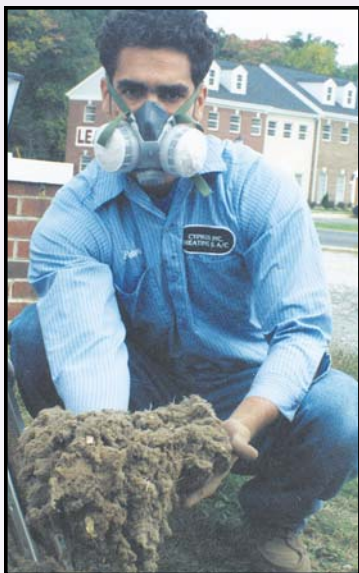
Don't Breathe Filth!

**Only \$264 Buys
Clean Air For
Your Home.**

1. 50% of all illnesses are either caused or aggravated by indoor air pollution.
2. Children, the elderly, asthma and allergy sufferers, smokers and pet owners are more likely to be affected by indoor air pollution.
3. A properly cleaned duct system can reduce your gas or electric bill up to 25%.

**Cyprus Air, For Air Duct
Cleaning You Can Trust**

Family owned and operated for over 30 years, Cyprus Air of Alexandria, Virginia has a proven track record of superior service and customer satisfaction. As members of the Air Conditioning Contractors of America, they adhere to strict professional standards and regulations.



Dust, dirt, mold and other contaminants removed from a three-year-old townhome.

50% OFF
**Duct Cleaning &
FREE Furnace Cleaning**

CYPRUS AIR
HEATING & COOLING
703.765.9400
7525 Richmond Hwy
Alexandria, VA
3 Miles South Of I-495 &
Old Town Alexandria
Call Monday-Saturday
8:00 A.M. - 7:00 P.M.

SERVING THE AREA FOR 30 YEARS! Thanks for trusting Washington's Most Experienced & Dependable Heating & Air Conditioning Company. Enjoy our Happy Anniversary Coupon.

Only \$264.00, a 50% savings!

Coupon Expires 4/21/06. One coupon per customer. Coupon valid for one system per household, up to 8 vents; \$20 per vent charge applies over 8 vents. One coupon per system. Includes inspection and cleaning of the entire duct system and vents, blowers, motor and all other system components. (\$328.00 Value)

Nation



RISK FACTOR: Estrogen pills raise older women's risk of blood clots, but not as much as supplements that also contain progestin, according to new government study on 10,000 women.

Bush Rejects Iran Plan Talk

President calls reports about military strike 'wildly speculative'

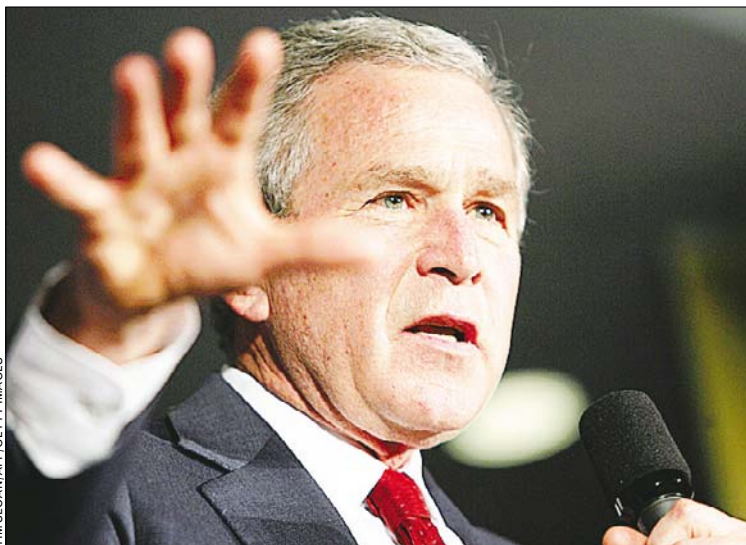
WASHINGTON | President Bush dismissed as "wild speculation" reports that the administration was planning for a military strike against Iran.

Bush did not rule out the use of force, but he said he would continue to use diplomatic pressure to prevent Iran from gaining a nuclear weapon or the know-how and technology to make one.

"I know here in Washington prevention means force," Bush said at the Paul H. Nitze School of Advanced International Studies at Johns Hopkins University. "It doesn't mean force, necessarily. In this case, it means diplomacy."

Several weekend news reports said the administration was studying options for military strikes. The New Yorker magazine raised the possibility of using nuclear bombs against Iran's nuclear sites.

"I read the articles in the news-



President Bush delivers remarks at Johns Hopkins University on Monday. Bush called media reports of a planned military strike on Iran 'wildly speculative.'

papers this weekend," Bush said. "It was just wild speculation."

Taking questions from the audience, Bush also said he declassified part of a prewar intelligence report on Iraq in 2003 to show Americans the basis for his statements about the threat posed by Saddam Hussein.

"I wanted people to see the truth," he told a questioner who said there was evidence of a concerted effort by the White House to punish war critic Joseph Wilson. Bush said he could not comment on the CIA leak case because it is under investigation. DEB RIECHMANN (AP)



**ASK
BETSY**
About Student Loans

This column, contributed by American Student Assistance®, a nonprofit that provides student loan borrowers with the education and encouragement they need to successfully manage their debt, is published in the Express each month. You can "ask Betsy" questions about applying for student loans, repaying your loans, or what to do if you're having trouble paying your loans back. E-mail your questions to askbetsydc@amsa.com or visit www.astudentslife.com.



High Student Loan Payments

Dear Betsy:

I just recently graduated from a private college and have a pretty massive monthly loan repayment. I also am a new parent and am struggling to pay my bills. Is there any financial assistance I could be eligible for, as I am unsure of where to turn?

Sincerely,
Jennifer

Dear Jennifer:

There are many student loan repayment options that may help you with your high student loan debt. I'm going to give you a summary of a few below and from there you should contact your loan holder to discuss what will work best for you and how to apply. Many student loan holders also have calculators on their web sites so you can see how these options will affect your monthly payment. Note that these options apply to federal student loans only – if you have significant private loans, you will need to contact your lender directly to see what they have to offer.

Consolidation – increases the payback period of your loans from 10 to anywhere from 12 to 30 years – thereby lowering your payment. Your interest rates will go from variable to fixed as well. Note that the longer you take to pay back the loan, the more interest you will pay, so as your salary increases you should strongly consider upping your payment. There is never a pre-payment penalty on federal student loans.

Income Sensitive Repayment – this allows you to pick a percentage of your gross monthly income, from 4 percent to 25 percent, to be your payment amount. If you have a particular dollar amount in mind that you can afford right now, this might be for you. Note that you should try to pay at least the interest accruing per month to ensure that your loan balance isn't actually increasing.

Graduated repayment – the name of this program is very descriptive – you start out paying interest only for two to four years, and then your payment gradually increases.

Economic Hardship Deferment – if your federal student loan payments are 20 percent or more of your gross monthly income, you may qualify to postpone them altogether. In this situation, any subsidized loans would not accrue interest while in deferment, but your unsubsidized loans would.

Extended repayment option – this is almost like a consolidation without the fixed rate. Extends the terms of the loan from 10 to 30 years.

Hopefully these options will help you. You can find out more at your lender's website or at www.amsa.com.

Regards,
Betsy

In-School Deferment

Dear Betsy:

My daughter will graduate in May with an undergraduate degree. She will be attending graduate school, which involves an internship and classes. She consolidated her subsidized loans in the summer of 2005 to lock into a low interest rate before the rates increased. As a result, she lost the six-month grace period. Can she defer her loans until she graduates from grad school? Her loans are subsidized. If the loans can be deferred, will the interest continue to be paid by the government – until she graduates from grad school?

Thank you,
Diane

Dear Diane:

If your daughter is at least half time in school, she will still be able to defer her loans. This may not happen automatically so she will need to contact her loan holder or go online to their web site to see what she needs to do to make sure this happens. If she is not taking classes during the summer months, she will be due for payment until she returns to school in the fall. Regarding the interest, all her subsidized loans will not accrue interest while she is in deferment.

Let me know if you have other questions.

Sincerely,
Betsy

WeekendPass makes the weekend noteworthy.
Every Thursday in Express.

X143b-26.5

6

The cost, in millions, the State Department wasted in between April 2003 and September 2004 on premium airline tickets that were never used, congressional auditors said Monday.

Nation

Jury Hears From 9/11 Kin

Judge in Moussaoui case warns lawyers on emotional testimony

ALEXANDRIA, VA. | A man testifying at Zacarias Moussaoui's sentencing trial Monday described watching on television as the plane carrying his son and granddaughter slammed into the World Trade Center.

C. Lee Hanson, said that his son, Peter, was speaking with him from aboard the plane until the moment of impact. "As we were talking he said, very softly, 'Oh my God, oh my

God, oh my God!'"

The wrenching first-person account of the day's horrors came on the same day that the judge in the death-penalty trial warned prosecutors against relying too heavily on such emotional testimony to influence Moussaoui's jury.

U.S. District Judge Leonie Brinkema's caution to prosecutors came after complaints from the



Moussaoui

defense lawyers that a stream of victim-impact testimony last week would be overly prejudicial to the jury that must decide if Moussaoui is to be executed.

On Monday, prosecutors told the judge they would display fewer photos and would try to keep witness' testimony to under 30 minutes.

Brinkema acknowledged that there is no way to avoid emotional testimony in this case, but reminded them that overly prejudicial testimony can be grounds for overturning a death sentence on appeal.

MATTHEW BARAKAT (AP)



Sailor Jackson, left, of the Louisiana Secretary of State's office helps New Orleans resident Jacquelyn Robinson with a voting machine in New Orleans on Monday.

New Orleans Evacuees Back for Mayoral Vote

Displaced residents add voices to decide city's political future

LAKE CHARLES, LA. | Cara Harrison drove 140 miles Monday just to vote for the next mayor of New Orleans, and she wasn't alone.

With fewer than half the city's residents able to move back into their hurricane-ravaged neighborhoods, election officials set up satellite centers across the state Monday for displaced residents to begin casting early votes for the April 22 primary.

"We need to be a part of the political process," said Harrison, an evacuee

from the devastated Ninth Ward, who said she voted for incumbent Mayor Ray Nagin at the center in Lake Charles.

More than 100 people were up before dawn in Houston, where a large number of Hurricane Katrina evacuees now live, to board buses for the long trip to Louisiana.

Twenty-three candidates are challenging the re-election bid by Mayor Ray Nagin, who has been criticized in some quarters for his response to the hurricane.

If no mayoral candidate gets a majority of the votes in the nonpartisan primary election April 22, the top two finishers will compete in a May 20 runoff. DOUG SIMPSON (AP)

Calif. Governor Declares State Of Emergency

SAN FRANCISCO | Gov. Arnold Schwarzenegger declared a state of emergency Monday in seven northern and central California counties, saying the region's rainiest March on record—with more rain on the horizon—put people and property in "extreme peril."

Many reservoirs in California's Central Valley are groaning at full capacity, and at least 10 more days of rain are forecast for the region.

Levee repairs are typically done in the summer, when water behind them is at its low point, but state water officials fear the heavy rain could weaken some levees to the point of failure.

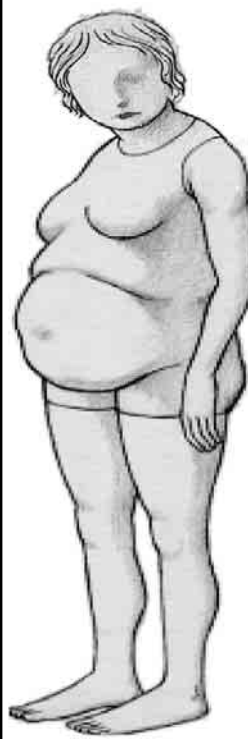
They took advantage of a weekend lull in the storms to patch some weak spots in the system but were still concerned.

Schwarzenegger had already declared a state of emergency for California's levee system in February, a step that gave \$103 million for repairs to 24 flood-prone sites.

The declaration covers Amador, Calaveras, Fresno, Merced, San Joaquin, San Mateo and Stanislaus counties. (AP)



WHO KNEW? Online social networking hub MySpace.com plans to display public service ads aimed at educating users about the dangers posed by sexual predators. (AP)



Got Belly Fat?

Find Out How Body Shapes Relate To Hormones And How Your Hormones Relate to Fat Burning (Losing Weight)

Most people think they need to lose weight to be healthy. This is NOT TRUE. You need to first get healthy before you can lose weight and burn fat. Attend this **FREE SEMINAR** to learn the **FOUR** body shapes. Learn what it takes to burn away fat around the belly, hips and thighs. Learn about the influence of food & exercise over fat-burning hormones. Learn how to trigger the **6 FAT BURNING HORMONES**. Find out how hormones affect **WHAT** you crave (chocolate, sweets, carbs, salty foods).

Limited Seating! Call for location, and date.

Speaker: Dr. Eric Berg D.C.

REGISTER

FREE SEMINAR 703-354-7336

COMPUTER PROBLEMS?



Call the Experts!

RESCUECOM®

Computer Services On-Site within One Hour

We service everything from home computers to super computers, wireless Internet to global networks, Email to ERP.

The Fastest Response Anywhere!™

24 Hours a Day, 7 Days a Week, 365 Days a Year.

For Home or Office

1-800-RESCUE7
(1-800-737-2837)

Drive you.

"Cars" can put you in the right wheels. **Wednesdays.**

express

World



SCHOOL TOOLS: Following up on pledges made at the last G-8 summit, British officials on Monday announced \$15 billion in overseas aid for education over the next decade and African leaders launched a campaign to get every child in school by 2015.

Chirac Scraps Disputed Labor Law

French president to replace jobs statute that triggered protests

PARIS | President Jacques Chirac caved in to protesters on Monday, canceling a law on youth employment that fueled nationwide unrest and raising questions about France's ability to reform rigid labor laws in a globalized world.

Unions declared victory, but energized students decided to go ahead with a "day of action" Tuesday to try to knock down other measures — designed to reduce the 22-percent unemployment rate among youths — that are viewed as threatening coveted-job protections.

In an announcement that amounted to a humiliating admission of defeat, Prime Minister Dominique de Villepin said on nationwide TV that the contested measure would be replaced.

Chirac had ordered the pull-back after weighing the results of



French President Jacques Chirac, left, meets Monday with Interior Minister Nicolas Sarkozy, center, and Bernard Accoyer, head of the ruling party in the legislature.

talks with students and unions, the debilitating political fallout for the right and the danger of increasingly daring student protests on railroad tracks and highways.

The announcement was a personal blow to Villepin, who was considered the president's preferred successor for presidential elections next year. Villepin designed the much-

maligned measure and had dug in his heels to save it.

"This sad adventure is an immense waste for our country," said Francois Hollande, leader of the opposition Socialist Party, in one of many jibes at the government.

Chirac said the measure would be replaced by one directed specifically at disadvantaged youths. It would beef up measures already in place, rather than enact new ones.

The new bill would expand existing job contracts with the government, for example, offering more state support for companies that hire young workers.

The crisis portrayed a government divided in a battle between the prime minister and the ambitious Interior Minister Nicolas Sarkozy, who is openly seeking the presidency. It also led to rumors that Villepin could resign and suggestions that any presidential ambitions of his own were cut short. (AP)

In Brief



Medical personnel help transport a plane crash survivor in Nairobi Monday.

NAIROBI, KENYA Plane With Politicians Aboard Crashes, Killing 14

A military plane carrying politicians to a peace conference crashed while attempting to land in northern Kenya during bad weather Monday, killing at least 14 people, including two assistant Cabinet ministers. President Mwai Kibaki declared three days of national mourning. Four of the 17 people on the plane were pulled from the fiery wreckage alive and flown to Nairobi for treatment, witnesses said, but one survivor died on the way. (AP)

LUCKNOW, INDIA At Least 45 Die After Fire Engulfs Trade Fair Tents

A fire swept through a trade fair in north India on Monday, leaving at least 45 people dead and 160 injured as terrified crowds stampeded to the exits to escape the flames, authorities said. Witnesses described a horrific scene, with screaming injured people, three enormous tents destroyed, and rescuers pulling out corpse after corpse. At least 22 ambulances ferried the injured to hospitals in the area, officials said. (AP)

ACCRA, GHANA More Than 100 Missing After Overloaded Boat Sinks

An overloaded motorboat carrying about 150 passengers on a vast lake in this West African nation has sunk, and 110 people are missing and feared dead, police said Monday. Only 40 people are known to have survived the sinking Saturday afternoon on Lake Volta, said Akwasi Anyidoho, a police official in the region. He said hopes for finding more survivors were slim. (AP)

Know Someone Who's Been Depressed in The Past?



If you or someone you know has been depressed in the past, the NIMH is looking for volunteers to help better understand the causes of depression. The research studies are conducted at the NIH Clinical Center in Bethesda, Maryland.

Patients should be:

- Ages 18-60
- Not currently depressed
- Not currently taking psychiatric medication
- Otherwise medically healthy



The study includes medical and psychiatric evaluations. Financial compensation and transportation reimbursement provided.

Call: **301-496-5645** (TTY: 1-866-411-1010)

<http://patientinfo.nimh.nih.gov>

or for other studies: www.clinicaltrials.gov



The National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services

NIMH
National Institute of Mental Health

Five Arrested for Canadian Biker Gang Killings

LONDON, ONTARIO | Five people were arrested and charged with first-degree murder in the gangland-style shootings of eight men who were affiliated with the notorious Bandidos motorcycle gang, police said Monday.

Police called the killings "an internal cleansing" of the biker gang and said the eight victims were killed by gunshots. The eight bodies were found Saturday morning, stuffed inside four vehicles on a farm in Shedden, Ontario.

"This is an isolated incident with ties to the Bandidos," Detective Ross Bingley told a news conference.

The gangland-style killings are the biggest mass murder in Canada since spurned husband Mark Chahal went on a shooting rampage in Vernon, British Columbia, killing nine people, including his estranged wife and himself in 1996. (AP)

5

The size, in football fields, of the showrooms in IKEA's newest store in Beijing. The store will be IKEA's biggest in the world after its Stockholm flagship. Estimates of the size of China's home improvement market range from \$15 billion to as much as \$40 billion.

World

Italian Election Is Too Close to Call

Exit poll results give Berlusconi razor-thin edge over challenger

ROME | Silvio Berlusconi, Italy's longest-serving premier since World War II, was locked in a battle for power Monday with center-left challenger Romano Prodi as vote projections from parliamentary election returns swung dramatically back and forth.

More than nine hours after polls closed at 3 p.m. Monday, the head of the Nexus polling agency, which made projections from samples of actual votes cast, said the race was too close to call.

After a campaign dominated by economic issues, projections based on 98 percent of Nexus' polling gave the flamboyant billionaire's center-right alliance 158 seats in the Senate compared to 151 for Prodi's coalition. But with a margin of error of 1-3 percentage points and six seats chosen by Italians voting abroad



VOTE CLIFFHANGER: Workers assist with counting ballots for the general election in Rome on Monday. Exit polls have swung dramatically between the two top parties.

unaccounted for, the Senate majority was far from assured.

For the Chamber of Deputies, the lower house, 89 percent of the voting sample gave Berlusconi's alliance 49.8 to 49.7 percent for Prodi's coalition.

The projections giving Berlusconi a narrow lead in both houses came just hours after exit polls predicted a slim parliamentary victory for Prodi. With such uncertainty, politicians from both camps appealed for restraint until final results were in.

"All day long we have called for caution and prudence," said Sandro Bondi, a top official in Berlusconi's Forza Italia party. "We have to wait for real results."

Prodi postponed a news conference after the projections were released, and his aides said the center-left leader would not make any statement until the vote count was final. Voter turnout was about 84 percent in the elections Sunday and Monday. ALESSANDRA RIZZO (AP)

Sunnis, Kurds Stand Firm on Iraq PM's Ouster

BAGHDAD, IRAQ | Shiite politicians failed Monday to persuade Sunni Arabs and Kurds to soften their opposition to a second term for Prime Minister Ibrahim al-Jaafari, leaving the Shiites with little choice but to replace him if they want to break the deadlock on a new government.

But al-Jaafari's supporters within the Shiite alliance showed no sign of backing down. Representatives of the seven parties within the alliance planned to meet Tuesday to discuss the standoff.

The Shiites, the largest bloc in the Iraqi parliament, are under strong pressure to end the standoff with the Sunnis and Kurds.

Meanwhile, the U.S. military reported the deaths of three more American troops, all of them a result of hostile action in Anbar province, a Sunni-dominated province west of Baghdad. At least 11 Iraqis were killed Monday, police said. (AP)

Nepal Protests Show No Sign of Waning

KATHMANDU, NEPAL | Police fired rubber bullets and tear gas and beat back stone-throwing Nepalese protesters, who defied curfews and took to the streets of this Himalayan nation for a fifth straight day Monday to demand that democracy be restored.

Nepal's crisis showed no signs of easing as angry mobs again marched through major cities and far-flung towns, burning tires and hurling bricks at police wielding batons and shields. King Gyanendra's government remained steadfast in its refusal to reach out to the political opposition, now allied with Nepal's communist insurgents in a campaign to force the king to relinquish control.

The result was another day of ragged and bloody protesters facing riot police in a Nepal as volatile as it has been in the 14 months since Gyanendra seized total power.



Pro-democracy activists rally against the government in Kathmandu Valley.

Authorities have threatened even harsher measures if the protests do not end, and on Monday they extended curfews in Kathmandu and two other cities overnight.

"Unless the situation improves immediately, there are chances of civil war," said Dr. Vijay Sharma, a surgeon who was among doctors at 17 hospitals who briefly protested against the king Monday. (AP)

Do You Continue to Be Depressed?

The NIMH is conducting a study to test the effectiveness of AMPAkin in major depression. This study examines a different mechanism of action from commonly used antidepressants. Our hope is to find new medications for individuals who have not responded to past treatment.

This is a 10-week outpatient and inpatient study of medication or placebo conducted at the NIH Clinical Center in Bethesda, Maryland.

Participants must:

- Be ages 21-55
- Be currently depressed
- Have taken an antidepressant that did not help

The study includes medical and psychiatric evaluations, and research medication at no cost. Transportation reimbursement provided.

Atendemos pacientes de habla hispana.

Call: **301-496-5645** (TTY: 1-866-411-1010)

<http://patientinfo.nimh.nih.gov>

or for other studies: www.clinicaltrials.gov



The National Institute of Mental Health

National Institutes of Health, Department of Health & Human Services

NIMH
National Institute
of Mental Health

Money



ON THE BALL: Visa made a deal with soccer's governing body Monday making the company a global sponsor for the World Cup and other top soccer competitions. The agreement, reportedly worth between \$150 million to \$200 million, will start in January.

Ex-Enron CEO Claims Innocence

Skilling testifies company was in 'good' condition in August '01

HOUSTON | Former Enron Corp. Chief Executive Jeffrey Skilling told jurors in his fraud and conspiracy trial Monday that he abruptly resigned from the energy trading company a few months before it collapsed because he was worn out and troubled by its falling share price — not because he knew disaster loomed.

"I am absolutely innocent," Skilling said right after he swore to tell the truth while testifying in his own defense Monday.

Then he let jurors know what's at stake for him: "I guess in some ways my life is on the line, so I'm a little nervous."

He repeated what he said twice before congressional panels in 2002,

that Enron was "in very good condition in the middle of August (2001) when I left."

His lawyer, Daniel Petrocelli, asked if he had any clue that Enron would flame out in scandal less than four months later.

"Not in my wildest dreams, no. It's almost inconceivable now what happened," the ex-CEO said.

The 52-year-old ex-CEO's testimony kicked off the 11th week of the federal trial. Although he has faced harsh questioning from investigators before, this is the first time federal prosecutors who have pursued him for years will have an opportunity to grill him.

Cross examination likely won't come until midweek or later. (AP)



Skilling

ABC to Put Hit Shows Online for Free

LOS ANGELES | ABC will offer four prime-time shows including "Desperate Housewives" and "Lost" on its Web site for free for two months beginning in May.

The shows will include advertising that cannot be skipped over during viewing. ABC, which is owned by The Walt Disney Co., already offers ad-free episodes for \$1.99

each on Apple Computer Inc.'s iTunes store.

The experiment comes as networks try to reach viewers who are embracing technology that lets them watch shows online and on portable devices, such as an iPod. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Ducommun	26.12	+3.31	+14.5
VeriFone n	32.55	+3.02	+10.2
BlockstrB	4.09	+3.34	+9.1
Blockstr	4.50	+3.31	+7.4
SauerDanf	24.15	+1.42	+6.2

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
NewMarket	47.87	-6.90	-12.6
Applica h	2.88	-.41	-12.5
ZaleCp	25.16	-2.64	-9.5
99 Cents If	11.54	-1.16	-9.1
Salton	3.09	-.21	-6.4

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
OraLabs	7.90	+2.15	+37.4
A Consl h	6.35	+1.50	+30.9
GreenPla n	45.53	+7.08	+18.4
CredoPTr s	26.30	+3.65	+16.1
InterTel	24.01	+3.13	+15.0

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
JewettC	13.40	-4.84	-26.5
AClaim	2.30	-.45	-16.4
Sentigen	2.87	-.47	-14.1
LeadBrnds	2.64	-.42	-13.7
Novavax	5.14	-.80	-13.5

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	7.75	7.75
Fed Funds close	4.8125	4.875
3-month disc	4.57	4.50
2-year	4.89	4.82
10-year	4.96	4.85
30-year	5.03	4.89

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5743	.5737	.5309
Canadian Dollar	1.1492	1.1466	1.2283
European Euro	.8267	.8260	.7740
Japanese Yen	118.50	118.27	108.30
Mexican Peso	11.1225	11.1481	11.1250
Taiwanese Dollar	32.35	32.32	31.57

DOW	NASDAQ	S&P 500
+21.29	-5.75	+1.12
+0.19	-0.25	+0.09
11141.33	2333.27	1296.62

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	70.74	-.29	-10.3
Amylin	44.87	-.72	+12.4
BiogenIdc	44.75	+.38	-1.2
Celgene s	38.53	+.66	+18.9
ChRvLab	47.75	-.73	+12.7
Chiron	47.94	+.02	+7.9
Genentch	80.63	+1.44	-12.8
Genzyme	63.74	-1.76	-9.9
GileadSci	61.87	+.37	+17.7
Imclone	33.45	-.17	-2.3
Invitrogn	68.22	-.08	+2.4
MedImun	34.16	+.34	-2.5
MillPhar	9.41	-.19	-3.0
PDL Bio	30.59	-.14	+7.6
VertxPh	33.72	+1.41	+21.9

LASER HAIR & SPIDER VEIN REMOVAL



Upper Lip or Chin Laser Hair removal \$45
Under Arms Laser Hair removal \$125
Bikini Line Laser Hair removal \$125
Lower Legs \$295
Back Laser Hair removal \$695
Neck Laser Hair removal \$195
Light Sheer Diode Laser

Call for our Spring Special!
All procedures performed By a Physician
Up to 30% off on packages

• Interest free financing • Gift Certificates

202.452.1332 24th and I St., Foggy Bottom Metro
703.533.1025 Tyson's Corner
703.465.0666 Alexandria
301.738.6766 Bethesda
410.730.7226 Columbia/Baltimore
www.vitasurgical.com



\$299/Eye Any Prescription Lasik!



ENJOY LASIK REGARDLESS OF YOUR RX.

- No Incision/Cut and No Flap Lasik
- One Eye or Both Eyes at a Time
- Safe & Comfortable
- Quick & Immediate Recovery
- FDA Approved
- Visx & Bausch & Lomb Lasers
- Interest Free Financing
- Return to Work Next Day
- Insurance

I SURGEONS 202.464.5216

• 24th and I St., Foggy Bottom Metro
301.738.0339 • BETHESDA
703.533.0025 • TYSON'S CORNER
703.465.0090 • ALEXANDRIA
410.730.2215 • COLUMBIA/BALTIMORE
www.i-surgeons.com

Special Offer Expires Soon.
Call for details.

I SURGEONS

CLEARANCE SALE

\$784



DESIGNER SOFAS

Immediate Delivery



Pentagon Row
Behind Pentagon Mall

Sale Ends Soon
Interest Free Financing

WHOLESALE TO THE TRADE

Home Redesign Expo
1301 S. Joyce St. D-24
Arlington, VA 22202
703-415-4560

LOSS OF BLADDER CONTROL IS A COMMON PROBLEM AMONG ADULTS OF ALL AGES

A market research firm in Bethesda, MD, is looking for adult men and women who experience moderate to heavy bladder leakage to participate in a marketing research study in April.

We assure you that we are not selling anything, and all of your opinions will be held in the strictest confidence.

You will be compensated for your time after participating in the study.

For more information, and to see if you qualify, contact us at 301-215-7248

PSA Clinic

Men's Prostate Health and Erectile Dysfunction Center

Open Saturdays • Same Day Appointments

Prostate Ultrasound, Biopsy, Difficult to Treat Erectile Dysfunction

CALL: (301) 428-3040

Accepting Most Insurances

Germantown Urology Center
Allen A. Farsaii, M.D.

Sports

216

The number of home runs hit last week in Major League Baseball, up 10.6 percent from last year. The stat is part of an offensive boom in which hitters had a .270 average, the highest in the season's first week since 1961.

Nationals: No Longer Must-See D.C.

Plenty of seats left for second home opener in franchise history

NATIONALS | The Washington Nationals' second home opener looks like it'll be a step down from the first.

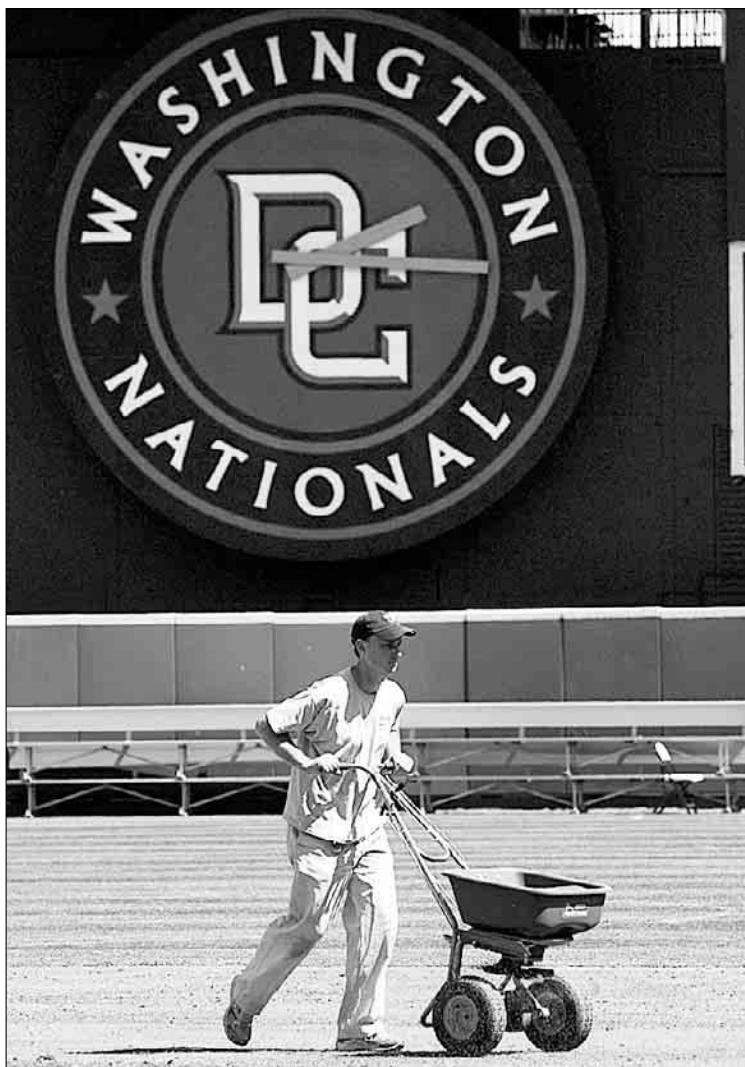
For one thing, Vice President Dick Cheney — not President Bush — will throw out the ceremonial first pitch before Tuesday afternoon's game against the New York Mets.

For another, about 9,000 tickets were unsold as of noon on Monday, the team said, a far cry from the rush for seats a year ago when Major League Baseball returned to the nation's capital after an absence of more than three decades.

"Ticket alert" e-mails popped up Monday morning to let previous customers know spots were still available.

"In most instances, you're going to have the heightened excitement with the inaugural season, and then you're going to have some attrition with a second season," said Chartese Burnett, the Nationals' vice president for communications.

"I'm thinking there are going



KEVIN WOLF/AP

"We are going to rise to the challenge and do more creative promotions to get people in there."

Nationals President Tony Tavares on how the team plans to address the drop in ticket sales | **Today's AI**

IN The Washington Post

to be people jumping on the bandwagon, but not as quickly as last year," she said.

Overall, the team's ticket sales are down from 2005.

Renewal rates for season tickets are at about 85 percent, Burnett said, and the equivalent of about 16,400 season packages had been sold as of Monday — about 5,000 fewer than last season at this time.

"The newness of it has worn off a little bit," manager Frank Robinson said in Houston this weekend, "and there's the knowing that, 'Hey, there's 81 games at home. There are other games to see over the course of the season.' A lot of it is also going to depend on how we play." **HOWARD FENDRICH (AP)**

Larry Divito prepares the infield for Tuesday's home opener vs. the Mets.

Swengali

NATIONALS | BY MATT SWENSON

Empty Feeling To the Season

IT'S NOT HARD TO WONDER WHY 9,000 tickets were still available a day before the Nationals' home opener against the New York Mets.

Over 18 months since the Expos moved to Washington, there still isn't an owner, the games aren't on TV and there are about five players casual fans can name.

It doesn't take rocket science to realize that Major League Baseball is treating the Nats as well as D.C. cares for its roads. Run into any good potholes lately?

So fans have tuned out, to some extent anyway.

That doesn't mean Opening Day won't be exciting. It always is. Just put down your orange vest until

Baseball is treating the Nats as well as D.C. cares for its roads.

Dick Cheney's done throwing out the first pitch.

Yet there is this overriding sense that this season is a waste.

When a new owner wasn't chosen this offseason by commissioner Bud Selig, that left GM Jim Bowden handcuffed to make many major moves.

The one he did make — acquiring Alfonso Soriano — has worked out so well that fans had better hope the All-Star can fetch a couple of quality players when he's shipped out of town before the July trading deadline.

Maybe those players will be the cornerstone of a strong team that has its games shown on TV and with an owner ready to improve the ballclub.

All hope rests on next season — and it's only April.

Matt Swenson, is Express' sports editor. His e-mail is matt.swenson@readexpress.com.

Mets Have Wright Man for the Job

Third baseman's play gives rise to N.Y.'s great expectations this year

BASEBALL | Keep an eye on the third baseman. The young kid from Hampton Roads, Va. He's the one everybody is talking about. The one with the big bat who's about to take the major leagues by storm.

We're not talking about Nationals rookie Ryan Zimmerman. At the moment, we're talking about the New York Mets' David Wright.

Wright, 23, and Zimmerman, 21, grew up playing together on the same fields and even work out together in the offseasons. But on that long path from Hampton Roads to Cooperstown, Wright is

a few steps ahead and Zimmerman would be wise to follow.

In 2005, his first full-season with the Mets, Wright hit .306 with 27 home runs and 102 RBIs. If you watched the Nationals' season-opening series with the Mets, you know he's not slowing down. The Nationals get another crack at him beginning today as New York visits for a three-game series.

"Last season was all potential with his status coming through the organization as a prospect," Mets hitting coach Rick Down said. "This year, the word is expectation."

Wright arrives in Washington batting .474 with three homers and nine RBIs in six games.

The Mets hesitate to make any predictions about how good Wright



KATHY WILLENS/AP

David Wright hit three homers and nine RBIs in the Mets' first six games.

will become. Why set a goal for 30 home runs, Down said, because he might hit 40. And batting fifth, behind Carlos Beltran and Carlos Delgado, he'll have plenty of opportunities to pad his RBI numbers. On Sunday, he knocked in Beltran with the game-winning run in the bottom of the ninth against Florida.

Still, even as Wright's star is rising — he recently made the cover of ESPN the Magazine, which ranked him just behind Alex Rodriguez among third basemen — he doesn't let it show. Teammates are drawn to his playfulness and modesty off the field, and opponents respect his businesslike manner on the field.

"He plays hard and he respects the game," Down said. "There's no showboating. He'll get noticed because of the way he plays and if the team wins. It's not about the shoes he's wearing." **DEREK TURNER**



PAPI STAYS: Red Sox slugger David Ortiz agreed Monday to a four-year contract extension through 2010, five months after finishing runner-up for the AL MVP. Terms of the new deal weren't available, though he made \$6.5M per year previously.

Sports



Frank Robinson argues a call last Thursday in a game full of hit batsmen and one melee. Robinson was suspended for one game, a penalty he served on Monday.

MLB Suspends Nats' Robinson, Rodriguez

Punishment comes in response to last week's wild game vs. the Mets

NATIONALS | Washington reliever Felix Rodriguez was suspended for three games and Nationals manager Frank Robinson for one for their roles in last week's game against the New York Mets in which five batters were hit by pitches.

Rodriguez and Robinson were both ejected at Shea Stadium last Thursday after the reliever hit Paul Lo Duca with a pitch in the eighth inning. Rodriguez and Robinson also were fined, as was outfielder Jose Guillen, who was hit three times and nearly charged Mets pitcher Pedro Martinez after being

beaten the second time by the Mets ace pitcher.

Robinson served his suspension during Monday's series finale against Houston. The Nationals were to return home after the game for Tuesday's home opener — against the Mets.

Bench coach Eddie Rodriguez ran the team Monday.

"I wanted to get it out of the way," Robinson said. "That way, it's not hanging out there."

Rodriguez's suspension was to begin Wednesday, but the players' association said it will file an appeal, delaying any penalty until after a hearing.

A total of seven batters were hit during the series with the Mets.

CHRIS DUNCAN (AP)

TODAY'S TV LINEUP

BASEBALL (1 P.M. ON CHANNEL 20) Tempers may flare when the Washington Nationals play their home opener against the New York Mets. Ramon Ortiz vs. Brian Bannister is your pitching matchup.

BASEBALL (7 P.M. ON WB54) Can the O's score against Tampa's Mark Hendrickson,

who shut out Baltimore last week?

HOCKEY (7 P.M. ON OLN) The Philadelphia Flyers try to secure better playoff positioning with a win over the Pittsburgh Penguins.

SOCCER (7 P.M. ON ESPN2) The U.S. national team plays Jamaica in Cary, N.C.

Nats Fall to Astros in 12

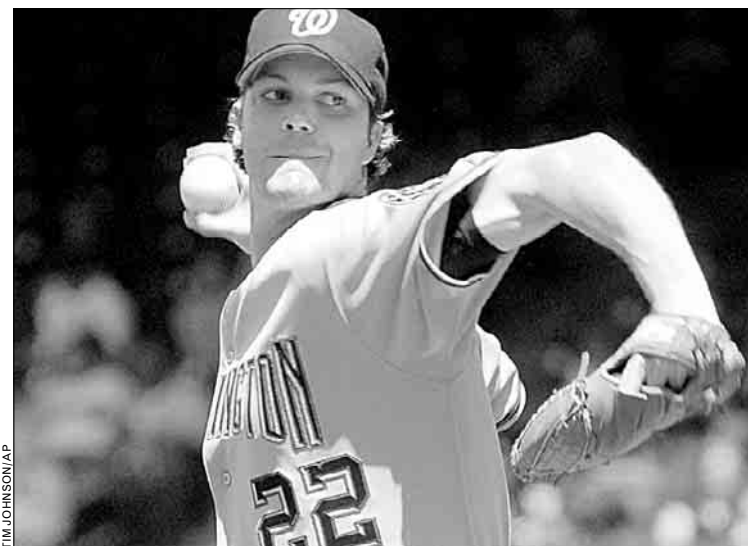
Cordero blows save in the 10th as Houston wins three out of four

NATIONALS | Eric Bruntlett hit a sacrifice fly that scored Craig Biggio in the 12th inning Monday and lifted the Houston Astros to a 5-4 win over the Washington Nationals.

Biggio led off the inning with a double off the left-field wall and advanced on Willy Taveras' bunt. Mike Stanton (0-1) intentionally walked Lance Berkman and Morgan Ensberg, who had homered off Chad Cordero in the 10th to tie the game at 4-4.

Bruntlett pinch hit for reliever Chad Qualls, hit a high fly to center fielder Brandon Watson, and Biggio crouched at third as he awaited the catch. Watson's throw home was high and late, and Biggio easily slid in with the winning run.

Nationals starter John Patterson gave up three runs and five hits in



John Patterson allowed three runs in six innings of the Nationals' loss to the Houston Astros. Washington fell to 2-5 heading into its home opener Tuesday.

six innings, and Houston's Wandy Rodriguez allowed three runs and seven hits in seven innings.

Jose Vidro added two RBI singles for Washington in the losing effort.

Houston took three out of four

from the Nationals, who play their home opener Tuesday against the New York Mets.

Berkman and Preston Wilson also homered for Houston — the fourth time they've homered in the same game. CHRIS DUNCAN (AP)



Rapid & Sustained Improvement in Depressive Symptoms Research

The Mood & Anxiety Disorders Program at NIMH is conducting research on depression and rapid improvement of symptoms. Researchers hope to improve depression symptoms within 24 hours, and continue the improvement using medications. NIMH is seeking people with depression (unipolar or bipolar) who are:

- Free of other serious medical conditions
- Between the ages of 18-60
- Willing to participate in a minimum of a 12-day inpatient stay

to participate in inpatient studies at the NIH Clinical Center in Bethesda, Md.

**Research medications provided free of charge.
Compensation and transportation reimbursement is provided.**

Atendemos pacientes de habla hispana.



The National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services



Call: 301-496-5645
(TTY: 1-866-411-1010)

<http://patientinfo.nimh.nih.gov>
or for other studies: www.clinicaltrials.gov

Sports

9.0

The overnight television rating for the Masters on Sunday, when Phil Mickelson won his second green jacket. The number is down from a 10.3 rating last year, when Tiger Woods won the major championship.

Tiger Meets His Match in Mickelson

Second Masters title raises 'Lefty' to a new level among golf's elite

GOLF | Phil Mickelson and Tiger Woods met in Butler Cabin for the second straight year at the Masters for a role reversal not seen at Augusta National in more than 40 years.

Jack Nicklaus and Arnold Palmer — rivals briefly, driving forces as long as they played — took turns helping each other into the green jacket for three straight Masters ending in 1965. The scene was replayed Sunday evening when Woods, the defending champion, fit Mickelson into the fabled prize.

"I don't really want to trade next year," Mickelson said after his two-shot victory.

But this role reversal was about more than a green jacket presentation. Two players separated by everything but raw talent looked strikingly familiar in winning the Masters on a super-sized course.



LITTLE GREEN MEN: Phil Mickelson, front, and Tiger Woods, back have combined to win six green jackets at the Masters.

Mickelson carved out a reputation as "Phil the Thrill," a gunslinger whose sole mission was to attack flags and keep everyone

entertained with every shot. Even his first two majors kept everyone in suspense to the end — five birdies on the last seven holes to win

the '04 Masters, a flop shot from deep rough to tap-in range on the 72nd hole at Baltusrol in the PGA Championship last summer.

This time, he managed to make the Masters boring — which was fine with him. "The stress-free walk up 18 was incredible," Mickelson said. "I had actually been wanting a four- or five-shot lead, but three was OK, too."

For a second, he sounded like the Mickelson of old. "He's an incredible player" Fred Couples said. "I think Phil can overpower a golf course like Tiger can."

He now has won a major in three straight seasons, joining Woods as the only players to have done that in the last 20 years. Only five other players — Tom Watson, Nicklaus, Arnold Palmer, Peter Thomson and Ralph Guldahl — have won majors in at least three straight years since the Masters was created in 1934.

And there is one more link to Woods unrelated to the majors.

A week before the Masters, Mickelson won BellSouth Classic by 13 shots, a margin rarely seen. Woods won the U.S. Open by 15 and the Masters by 12, and he won two PGA Tour events by 11. The only other active player to win in double digits was two-time Masters champion Jose Maria Olazabal, by 12 shots at Firestone in 1990. DOUG FERGUSON (AP)

express



automobile dealers

more cars on the net



@washingtonpost.com



ROCKVILLE AUDI
Rockville, MD 301-881-0900
1450 Rockville Pike • rockvilleporsche-audi.com



BMW OF ARLINGTON
Arlington, VA 703-647-1810
3154 Jeff Davis Hwy • www.bmwofarlington.com



BROWNS BUICK ISUZU
Fairfax, VA 703-934-4926
10245 Lee Highway • www.brownsbuickisuzu.com



MOORE CADILLAC
Tysons Corner 703-790-0950
8595 Leesburg Pike • www.moorecadillac.com



CAPITOL CADILLAC
Greenbelt, MD 301-441-9600
6500 Capitol Drive • www.capitolcadillac.com



KOONS CHEVY TYSONS
Vienna, VA 888-383-8200
2000 Chain Bridge Rd • www.koons.com



CRYSTAL FORD
Silver Spring 866-369-9999
3111 Automobile Blvd • www.trycrystal.com

JERRY'S FORD
Annandale, VA 703-256-5000
6510 Little River Turnpike • www.JerrysFord.com

KOONS STERLING FORD
Alexandria, VA 888-342-7300
46869 Harry Byrd Hwy • www.koons.com

OURISMAN WORLD OF FORD
Alexandria, VA 703-660-9000
6129 Richmond Hwy • www.ourismanford.com



BILL PAGE HONDA
Falls Church 703-532-9700
6715 Arlington Blvd • www.billpagehonda.com



MOORE CADILLAC HUMMER
Chantilly 703-674-5900
25440 Pleasant Valley Rd • www.moorehummer.com



ALEXANDRIA HYUNDAI
Alexandria, VA 703-535-6840
1707 Mt. Vernon Ave. • www.alexandriahyundai.com

FAIRFAX HYUNDAI
Fairfax, VA 703-352-0444
Rt. 123 & Rt. 50 • www.fairfaxhyundai.com



INFINITI OF CHANTILLY
Chantilly 703-322-3600
Chantilly Auto Park • infinitiofchantilly.com

KOONS FORD OF ROCKVILLE
Rockville 877-518-1747
718 Rockville Pike • www.koonsford.com



CHERNER ISUZU/KIA
Vienna, VA 703-893-0800
8536 Leesburg Pike • www.cherner.com



JERRY'S JEEP OF MANASSAS
MANASSAS 703-631-1181
8820 Centreville Rd • www.jerrysjeep.com



LEXUS OF SILVER SPRING
Silver Spring, MD 800-266-4874
2505 Prosperity Terr • www.lexusofsilverspring.com



JERRY'S Lincoln Mercury
MANASSAS 703-631-1181
8820 Centreville Rd • www.jerryslinmercury.com



EURO MOTORCARS GERMANTOWN
Germantown, MD 240-686-1300
19750 Germantown Rd • euromotorcarsgermantown.com

EURO MOTORCARS
Bethesda, MD 301-986-8800
7020 Arlington Rd • Buying/Internet Services Welcome



355 NISSAN/VOLVO
Rockville, MD 301-309-2200
15911 Indianola Drive • www.darcars.com



PAUL BROTHERS SUBARU
HERNDON 703-437-6000
770 Eldon Street • www.paulbros.com



355 TOYOTA
Rockville, MD 301-309-3917
15131 Frederick Road • www.darcars.com



KAY JENNINGS SPRINGFIELD TOYOTA
Springfield 703-451-0300
6570 Amherst Ave • www.springfieldtoyota.com



KOONS TYSONS TOYOTA
Vienna, VA 888-505-1137
8610 Leesburg Pike • www.koons.com



ALEXANDRIA VW
Alexandria 888-692-7089
107 W. Glebe Rd • www.alexandriavw.com



BROWN'S VW OF MANASSAS
Manassas, VA 703-257-6002
8846 Mathis Ave • www.manassasvw.com



JACK TAYLOR SIGNATURE CARS
Alexandria, VA 703-683-0700
3750 Jeff Davis Hwy • www.alexandriatoyota.com

To place dealership listing
in the directory,
please call
202-334-4710
or your Washington Post
Sales Representative



TROUBLE FOLLOWS HIM: Maurice Clarett was out having breakfast when a fire gutted the first floor of a condominium where the former Ohio State football star was staying. The fire started Sunday morning, and no one inside the condo was hurt.

Sports

MLB

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Boston	5	1	.833	—	0-0	5-1
Tampa Bay	3	3	.500	2	0-0	3-3
Toronto	3	3	.500	2	3-3	0-0
Baltimore	2	4	.333	3	2-4	0-0
N.Y. Yankees	2	4	.333	3	0-0	2-4

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Cleveland	5	1	.833	—	3-0	2-1
Detroit	5	1	.833	—	0-0	5-1
Kansas City	2	3	.400	2.5	2-3	0-0
Chicago Sox	2	4	.333	3	1-2	1-2
Minnesota	1	5	.200	4	0-0	1-5

WEST	W	L	PCT.	GB	HOME	ROAD
Oakland	5	2	.714	—	2-1	3-1
L.A. Angels	3	3	.500	1.5	2-1	1-2
Seattle	3	4	.429	2	3-4	0-0
Texas	2	5	.286	3	2-5	0-0

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Mets	4	1	.800	—	4-1	0-0
Atlanta	3	4	.429	2	0-0	3-4
Washington	2	4	.333	2.5	0-0	2-4
Florida	1	4	.200	3	0-0	1-4
Philadelphia	1	5	.167	3.5	1-5	0-0

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Milwaukee	5	1	.833	—	5-1	0-0
Chi. Cubs	4	1	.800	.5	3-0	1-1
Cincinnati	4	2	.667	1	4-2	0-0
Houston	4	2	.667	1	4-2	0-0
St. Louis	3	3	.500	2	0-0	3-3
Pittsburgh	1	6	.143	4.5	0-0	1-6

WEST	W	L	PCT.	GB	HOME	ROAD
Colorado	4	2	.667	—	1-2	3-0
San Fran.	4	2	.667	—	3-1	1-1
Arizona	3	3	.500	1	0-0	3-3
L.A. Dodgers	3	3	.500	1	1-2	2-1
San Diego	1	4	.200	2.5	1-4	0-0

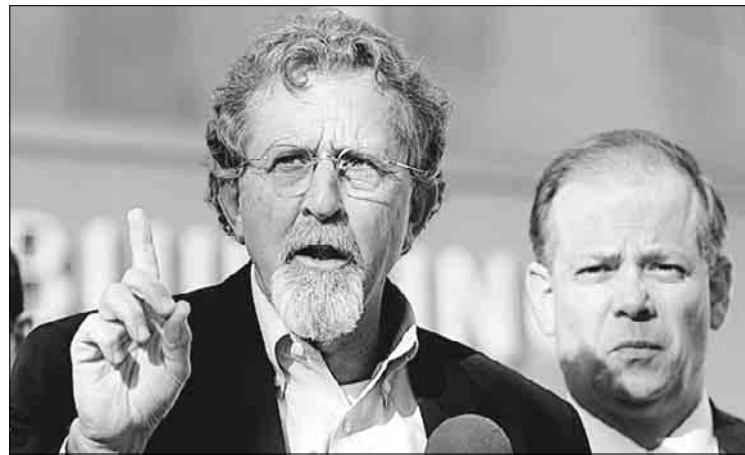
Standings through April 9's games

Lawyers: No DNA Match in Lax Case

DURHAM, N.C. | DNA testing failed to connect any members of the Duke University lacrosse team to the alleged rape of a stripper, attorneys for the athletes said Monday.

Citing DNA test results delivered by the state crime lab to police and prosecutors a few hours earlier, the attorneys said the test results prove their clients did not sexually assault and beat a stripper hired to perform at a March 13 team party. No charges have been filed in the case.

"No DNA material from any young man was present on the body of this complaining woman," said defense attorney Wade Smith.



Joseph B. Cheshire V, a lawyer for one of the accused Duke lacrosse players speaks outside the Durham County Judicial Building in Durham, N.C., Monday.

The alleged victim, a 27-year-old student at a nearby college, told police that three men at the party dragged her into a bathroom, choked her, raped her and sodomized her.

District Attorney Mike Nifong stopped speaking with reporters last week after initially talking openly about the case, including stating publicly that he was confident a crime occurred. He went on to say he would have other evidence to make his case should the DNA analysis prove inconclusive or fail to match a member of the team.

TIM WHITMIRE (AP)

Williams Pleads His Case to the NFL

NFL | Miami Dolphins running back Ricky Williams and his lawyer met Monday with NFL counsel Jeff Pash, seeking to have the league overturn a positive drug test that could cost him the entire 2006 season.

The league, which doesn't acknowledge drug tests until there is a final determination, had no comment on the appeal.

Williams' lawyer, David Cornwell, acknowledged that the hearing was taking place, but had no further comment.

The results of the hearing won't be made known immediately but if the positive test is upheld, it would be Williams' fourth violation of the NFL's substance abuse policy, meaning at least a one-year suspension. (AP)

Robitaille Plans Retirement After This Season

NHL | Luc Robitaille, the highest scoring left wing in National Hockey League history, will retire at the end of the season, the Los Angeles Kings said Monday.

The 40-year-old Robitaille, the Kings' career leader in goals, will hold a news conference Tuesday.

"Tomorrow is the opportunity for the Kings and Luc Robitaille to acknowledge his Hall of Fame-caliber career and give him an opportunity to address his decision to retire from the game of hockey," said Michael Altieri, the Kings' vice president of communications.

Robitaille has 668 goals and 726 points for 1,394 points in 1,428 regular-season games with the Kings, Pittsburgh, the New York Rangers and Detroit. (AP)

BASEBALL | 'BATMAN' BECOMES A PITCHER



GENE J. PUSKARI/AP

CRITIC: Michael Keaton, the actor from suburban Pittsburgh best known as "Batman" gets a second try to throw out the first pitch in the Pirates' home opener Monday. Keaton said Pirates owners should spend more on the team.

GRADUATE BUSINESS PROGRAMS

SCHOOL OF BUSINESS

Your career aspirations. We offer practical, relevant degrees in accounting, finance, project management, IT, tourism, and business administration.

Your unique goals. Over 200 electives will help you personalize your graduate program.

Your busy life. Our flexible programs provide multiple day, time, and location options.

Information Session

Tuesday, April 11
6:00 pm check-in
6:30 pm program begins
2201 G Street, NW
Duquès Hall, 6th Floor
Metro: Blue/Orange Lines to
Foggy Bottom/GW

RSVP today!

202.994.7710 or online at
www.business.gwu.edu

THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON DC

BRING US YOUR AMBITION.

www.gwu.edu/gradinfo

Entertainment



IT PAYS TO SAVE THE WORLD: If Jack Bauer can hold out, Kiefer Sutherland is up for it. The actor signed on to play the action-series star through 2009. He'll make — gulp — \$40 million over what is, to TV viewers, three days.

History of Mel's World

The master of farce gets a welcome but incomplete boxed set

DVD | You still laugh like crazy when you watch the Spanish Inquisition song-and-dance number in Mel Brooks' 1981 pastiche, "History of the World: Part I." But these days, you also feel an ever-so-faint chill creeping up your back. Sure, Brooks got away with such roughhousing 25 years ago. But if real-life religious intolerance ever again reached the extremes of 16th-century Spain, Brooks would be tossed in irons for his cheekiness. And when they come after Brooks, they'll come after those of us who laugh at his stuff.

But as the films included in "The Mel Brooks Collection," the Fox Home Video boxed set of eight movies, prove, it was Brooks' reckless, free-swinging aggression that brought his fans out to see his movies.

"Blazing Saddles" (1974) remains a coarse and graceless wonder. It is to this day the only Western, straight-shooting or not, that digs into the nitty-gritty of race in the American West. "Young Frankenstein," the relatively exquisite and equally uproarious spin on 1930s horror movies released the same year, was by far a better-



I AM SPARTACUS. NOT: Brooks' acting reflected the same free-range zaniness as his writing in such works as "History of the World: Part I" and "High Anxiety."

made film, but your inner adolescent laughs harder at the sight gags in "Saddles."

"Silent Movie" (1976), with its all-star cast, doesn't feel as daring as it did when it came out. Anne Bancroft (the longtime Mrs. Mel, who died last year) is the best thing about the 1983 remake of "To Be or Not to Be." As for "High Anxiety," Brooks' 1977 homage to Hitchcock, the only two sequences that you cherish are more Brooksonian than Hitchcockian: The director-star's impeccably unctuous rendition of the movie's title song and Brooks and co-star Madeline Kahn impersonating an elderly Jewish couple kvetching with each other and airport security.

And then there's "The Twelve Chairs" (1970). In reaching for a more classically farcical style, it stands out among the other selections. Based on a 1920s Russian story, it stars Ron Moody as a fallen aristocrat in desperate search of his family jewels stashed in one of 12 dining-room chairs.

It's too bad the movie's failure discouraged him from trying anything like it again. It has a modest charm that one doesn't associate with a Mel Brooks comedy with just enough one-liners and noisy shtick to remind you who's at the controls.

GENE SEYMOUR (NEWSDAY)

Today's Top Stops

FOR COMPLETE EVENT LISTINGS SEE
WASHINGTONPOST.COM/ENTERTAINMENT



Blackalicious is a crowd favorite and in the forefront of adventurous hip-hop.

Blackalicious: Presto!

Magicians that they are, the duo Blackalicious has titled its new album "The Craft" and shows off feats of musical prestidigitation and granting hip-hop out-of-body experiences at 9:30 tonight.

9:30 Club, 815 V St. NW; with Lifesavas & Fatlip with Omni, Pigeon John, 7 p.m., \$20; 703-218-6500. (U St.-Cardozo)

Miss Abigail: Plus ça change

Abigail Grotke of "Time-Warp Advice" fame culls tips from vintage advice books ranging from 1822 to 1978. Her latest, "Miss Abigail's Guide to Dating, Mating & Marriage," which gets its own wine-and-cheese party tonight, proves that fashions change, but the human heart doesn't.

Warehouse, the Gallery, 1017-21 7th St. NW; 7-9 p.m., free; 202-783-3933, warehousetheater.com.

Brett Leake: Look Closely

Brett Leake is one of the "did you ever notice" guys — an observational comic for whom the minutiae of life is all material. He notices stuff through Friday.

The Improv, 1140 Connecticut Ave. NW; tonight's show 8:30 p.m., \$15-\$17; 202-296-7008. (Farragut North)

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com



The erstwhile filmmaker takes a break to put out an earthy third solo record.

Zombie Comes Alive

'Educated Horses' shows Rob Zombie's more mature metal

MUSIC | Although Hollywood is lacking trilogies about a psychopathic clown and his homicidal family, a third installment to Rob Zombie's disgustingly awesome "Devil's Rejects" movie series will have to wait.

With the release of his third solo album, "Educated Horses"

(Geffen), Zombie returns to what he does best, or at least equally as well: playing and producing horror rock.

The album reflects a more mature Zombie, in the sense that none of the tracks loop a woman panting in ecstasy. Truth is, "Educated Horses" focuses far less on studio tricks than previous work.

Although they're not absent, the relative lack of synthesizers gives "Educated Horses" less of

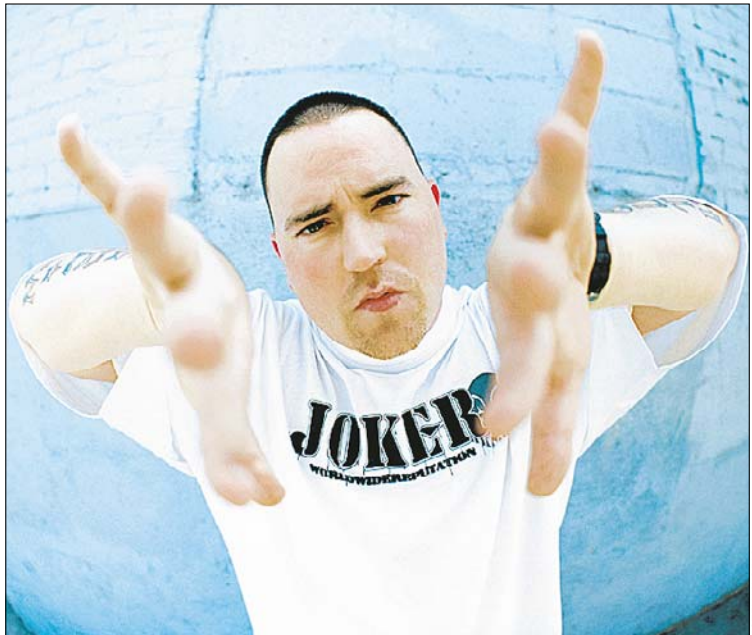
the Zombie industrial sound, and more of a straightforward metal feel. It's a surprising move, considering ex-Marilyn Manson guitarist John 5 is string man.

Early tracks, such as "American Witch" and "Foxy Foxy," offer the pounding backbeat and head-banging riffs that make Zombie fun. Some dark grooves, like those on "Death of It All," create hidden gems, because radio will certainly overlook them. JACK CORAGGIO

(THE HARTFORD COURANT)



Entertainment



STILL SIZZLING: The rapper born Warren Anderson Mathis burst on the scene a novelty, but, now on his third record, he hopes to become a hip-hop mainstay.

Sparxxx Lights Up

**Bubba Sparxxx's
Southern rap is less
rural and more rowdy**

THREE'S IT | There is nothing like a little controversy to reignite a career. Just ask Bubba Sparxxx.

A recent posting on Industryyears.com declared the rapper's new single, "Ms. New Booty," and its Web site as "another conduit to sex, pornography and misogyny aimed at children." The song's video, set against an infomercial backdrop, depicts Sparxxx selling boxes of "Ms. New Booty" to women as an opportunity to enhance a certain physical asset.

"Booty" is the first single from Sparxxx's third album, "The Charm," and first for OutKast member Big Boi's Virgin-distributed label, Purple Ribbon.

Sparxxx, surprised at the negative posting, said the song is more about uplifting of the figurative kind and about having fun.

"It's about instilling confidence

and blossoming as a person," the LaGrange, Ga.-born rapper said. "It's also about music as entertainment. There is so much day-to-day stress in life. People sometimes want to escape all that for a minute."

The brouhaha has not affected Sparxxx's appearance schedule as he promotes the album. The rapper (born Warren Anderson Mathis) has already taped "CD USA" and will appear on "The Tonight Show With Jay Leno" (April 18), "Last Call With Carson Daly" (April 24) and "Soul Train" (taping April 1). Having wrapped a 75-market promo tour, Sparxxx is slated for a USO tour followed by a European outing.

Nor has the criticism made a dent in Sparxxx's positive outlook.

"It's hard to keep me down," he said. "And what's not to be excited about? I'm with Big Boi, [Jermaine] Dupri and a company that wants to make an imprint in the hip-hop industry."

GAIL MITCHELL (BILLBOARD)

Advance you.

"Careers" can move you up and ahead. **Mondays.**

express

**COMPUTER
TRAINING**

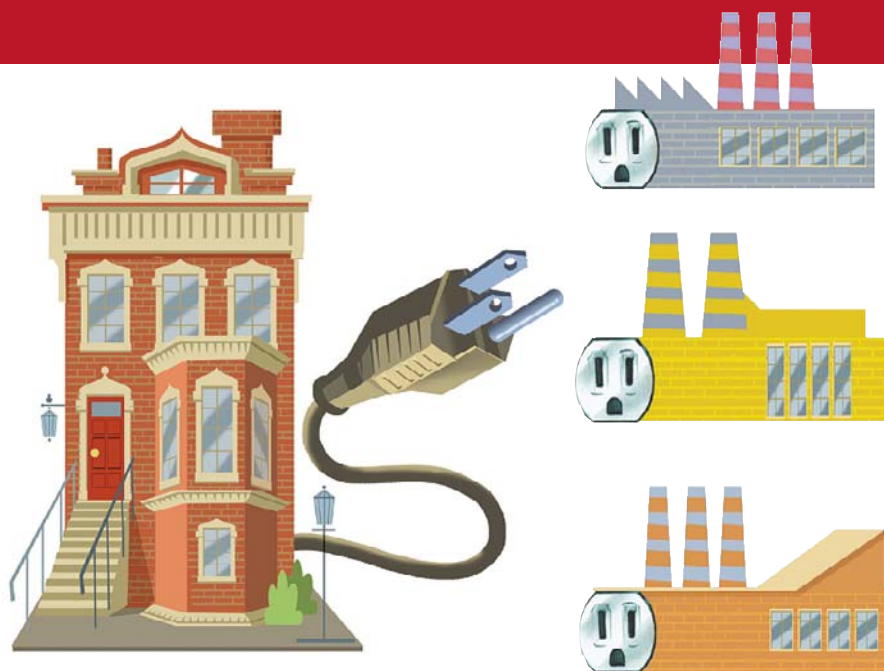
Sanz
since 1939

✓ Financial Aid If You Qualify
✓ Job Placement Assistance

1 (888) 407-8222

ELECTRICITY CHOICE...

You can choose who
generates your electricity.



GET PLUGGED IN ABOUT YOUR CHOICES.

The District of Columbia has an approved list of electricity generators that can supply your home. To find out more, go to www.DCisElectric.com or call **202-895-0950**.

DC IS ELECTRIC

Entertainment



SMOOTH MOVE, K-FED: Kevin Federline has mild-mannered synth-rockers Thomas Dolby peeved. K-Fed's single "America's Most Hated" (he wishes) uses samples from a Mobb Deep song which legally lifted from Dolby's "She Blinded Me With Science." Dummy.

Rock in a Hardcover

Metal's influences? Zeppelin, Sabbath, Tennyson, Lovecraft

READING | So what's with all the head-banging bookworms?

This month, the Brazilian heavy metal band Sepultura released "Dante XXI," an album based on the Italian poet's "Divine Comedy." And Mastodon recently became metal's newest stars with "Leviathan," a "Moby-Dick"-inspired album.

Sepultura and Mastodon are only the latest metal bands to raid their Norton Anthologies for inspiration. Perhaps more than any other genre, heavy metal and the classics are joined at the hip.



READING, WRITING, ROCKING: British metal bands such as Iron Maiden have a penchant for basing songs, song cycles and concept albums on literary works.

So, to put it in metal terms, which scribes doth taketh the title of Most Metal? With his clumsy prose and often meandering plots, H.P. Lovecraft still struggles decades after his death for respect in the literary world. But in the metal world, his weird tales blare from Marshall amps the world over. The Rhode Island writer's mystical visions have informed the songs of Metallica, Dead Meadow and plenty of others.

Who else? Frodo and his band of Hobbits have kept a surprisingly

tight grip on the collective metal imagination. Everyone from proto-metalers Led Zeppelin and Rush to Norway's death-metal bands have borrowed from J.R.R. Tolkien.

The guys from England's Iron Maiden prove themselves a literarily adventurous lot. Besides writers like Lord Tennyson, they also take on Frank Herbert's "Dune" and other science-fiction works, as well as "Loneliness of the Long Distance Runner," based on the Alan Sillitoe short story that embraces rebellion. (Sillitoe was one of Britain's Angry Young Men writers of the 1950s. Very metal, indeed.)

With critical raves such a scarce commodity in metal, said Albert Mudrian, editor of the heavy metal magazine Decibel, lofty ambitions are a way to compensate. "They're saying, 'Hey, we're not just a mindless poodle-haired band. We identify more with people who have made great literary works.'"

WILLIAM WEIR (THE HARTFORD COURANT)

IRS PROBLEMS?

EX-IRS AGENTS AND TAX PROFESSIONALS NEGOTIATE FOR YOU!
 "...the (Nation's) most successful (in terms of size) tax-resolution company."**
 -The Wall Street Journal

Free Tax Settlement Analysis:
 Confidential Interview by Appointment Only

800-765-3007

Free Special Report: "How to End IRS Problems"

877-451-9111

We Also Negotiate Defaulted Student Loans
800-499-0951

JK Harris & Company

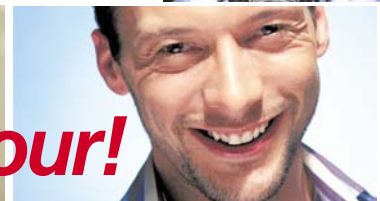
www.taxexperts.com
 6 Locations in the D.C. Area

*not an endorsement by the WSJ

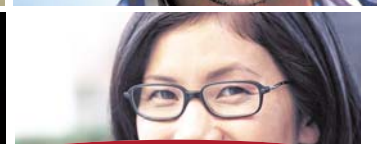
The Nation's Largest Tax Representation Firm

French Language Classes
 Cultural and
 Social Events
 Library

Next Session
 Starts May 1



Bonjour!



202.234.7911

www.francedc.org
alliance@francedc.org

Alliance Française
 de Washington, DC



French Language & Cultural Center
 2142 Wyoming Ave., N.W. • Located between Dupont Circle & Woodley Park

REGAL ENTERTAINMENT GROUP

GALLERY PLACE STADIUM 14
 701 Seventh St NW 800-FANDANGO 1721#

Adv. Tix on Sale SCARY MOVIE 4 (PG-13) ★
LUCKY NUMBER SLEVIN (R) - ID REQ'D DIG (100 420) 720 1015
BENCHWARMERS (PG-13) DIG (1210 225 455) 740 1010
TAKE THE LEAD (PG-13) DIG (1240 410) 730 1020
ATL (PG-13) DIG (1225 110 300 350 535) 640 805 920 1040
OC & DA: ICE AGE 2 (PG) DIG (230) 935
SLITHER (R) - ID REQ'D DIG (430) 1035
ICE AGE 2: THE MELTDOWN (PG) DIG (1205 1255 330 450) 620
STAY ALIVE (PG-13) DIG (1220 240 500) 745 1005
INSIDE MAN (R) - ID REQ'D DIG (1215 1245 130 320 440) 630 735
V FOR VENDETTA (R) - ID REQ'D DIG (1250 415) 725 1025

BALLSTON COMMON STADIUM 12
 Glebe Rd, Arlington 800-FANDANGO 377#

Adv. Tix on Sale SCARY MOVIE 4 (PG-13) ★
Adv. Tix on Sale WIDESPREAD PANIC - EARTH TO AMERICA (NR) ★
BENCHWARMERS (PG-13) DIG (1205 1235 230 300 455 525) 720
BASIC INSTINCT 2 (R) - ID REQ'D DIG (130 420) 715 1000
SLITHER (R) - ID REQ'D DIG (1240 305 530) 755 1030
ICE AGE 2: THE MELTDOWN (PG) DIG (1215 1245 140 210 240 310
 405 435 505 535) 630 700 730 800 855 925 955 1025
STAY ALIVE (PG-13) DIG (200 430) 650 910
THANK YOU FOR SMOKING (R) - ID REQ'D DIG (1225 250 515) 740
V FOR VENDETTA (R) - ID REQ'D DIG (1255 400) 710 1020
FAILURE TO LAUNCH (PG-13) DIG (1230 255 520) 745 1010

BOWIE STADIUM 14
 15200 Major Lansdale Blvd 800-FANDANGO 454#

Adv. Tix on Sale SCARY MOVIE 4 (PG-13) ★
PHAT GIRLZ (PG-13) DIG (110 200 405 455) 700 750 940 1030
BENCHWARMERS (PG-13) DIG (140 430) 730 1000
TAKE THE LEAD (PG-13) DIG (1240 420) 720 1020
ICE AGE 2: THE MELTDOWN (PG) DIG (115 215 400 500) 645 745
ATL (PG-13) DIG (130 220 415 505) 715 805 950 1040
SLITHER (R) - ID REQ'D DIG 1015
INSIDE MAN (R) - ID REQ'D DIG (100 410) 725 1035
MADEA'S FAMILY REUNION (PG-13) DIG (205 450) 735

BETHESDA 10
 7272 Wisconsin Avenue 800-FANDANGO 569#

Adv. Tix on Sale SCARY MOVIE 4 (PG-13) ★
LUCKY NUMBER SLEVIN (R) - ID REQ'D DIG (1245 330) 730 1005
BENCHWARMERS (PG-13) DIG (1210 220 435) 725 935
TAKE THE LEAD (PG-13) DIG (1225 310) 720 1000
BASIC INSTINCT 2 (R) - ID REQ'D DIG (1220 345) 715
SLITHER (R) - ID REQ'D DIG 955
ICE AGE 2: THE MELTDOWN (PG) DIG (1200 100 215 320 430) 710
INSIDE MAN (R) - ID REQ'D DIG (1205 315) 700 950
SHE'S THE MAN (PG-13) DIG (1230 415) 705 940
V FOR VENDETTA (R) - ID REQ'D DIG (1215 325) 650 945
FAILURE TO LAUNCH (PG-13) DIG (1240 400) 735 1005

Times For 4/11/06 Daily Bargain Matinees In ()

POTOMAC YARD STADIUM 16
 3575 Jefferson Davis Hwy 800-FANDANGO 690#

Adv. Tix on Sale SCARY MOVIE 4 (PG-13) ★
Adv. Tix on Sale DCI CLASSIC COUNTDOWN (NR) ★
BENCHWARMERS (PG-13) DIG (1210 1240 225 255 440 510) 700
LUCKY NUMBER SLEVIN (R) - ID REQ'D DIG (1130 210 450) 730
PHAT GIRLZ (PG-13) DIG (1135 1205 205 235 435 505) 720 750 950
TAKE THE LEAD (PG-13) DIG (140 430) 725 1015
ICE AGE 2: THE MELTDOWN (PG) DIG (1125 1155 1225 150 220
 250 415 445 515) 640 710 740 930 1000
ATL (PG-13) DIG (1115 115 145 365 425) 645 715 910 940
BASIC INSTINCT 2 (R) - ID REQ'D DIG (400) 700 955
SLITHER (R) - ID REQ'D DIG (1230 300 530) 800 1030
STAY ALIVE (PG-13) DIG (1105 125)
INSIDE MAN (R) - ID REQ'D DIG (1250 120 350 420) 705 745 1005
V FOR VENDETTA (R) - ID REQ'D DIG 900
FAILURE TO LAUNCH (PG-13) DIG (1100 130 410) 650 920

COUNTRYSIDE STADIUM 20
 45980 Regal Plaza 800-FANDANGO 394#

Adv. Tix on Sale SCARY MOVIE 4 (PG-13) ★
THANK YOU FOR SMOKING (R) - ID REQ'D DIG (1140 200 445) 745
LUCKY NUMBER SLEVIN (R) - ID REQ'D DIG (1215 330) 655 955
LUCKY NUMBER SLEVIN (R) - ID REQ'D DIG (130 415) 725 950
SLITHER (R) - ID REQ'D DIG (220 505) 800 1030
PHAT GIRLZ (PG-13) DIG (1145 210 450) 750 1025
BENCHWARMERS (PG-13) DIG (1200 140 250 440 520) 740 840
ATL (PG-13) DIG (1245 345) 645 920
BASIC INSTINCT 2 (R) - ID REQ'D DIG (115 400) 700 945
INSIDE MAN (R) - ID REQ'D DIG (110 215 410 525) 710 850 1010
SHE'S THE MAN (PG-13) DIG (1250 340) 640 940
FAILURE TO LAUNCH (PG-13) DIG (1240 320) 635 910
STAY ALIVE (PG-13) DIG (1220 310 515) 820 1035
TAKE THE LEAD (PG-13) DIG (120 420) 720 1020
LARRY THE CABLE GUY: HEALTH INSPECTOR (PG-13) DIG (1210
 240 510) 810 1030
ICE AGE 2: THE MELTDOWN (PG) DIG (1230 100 150 230 300 350
 430 500 530) 630 650 730 830 930 930 1000

ROCKVILLE CENTER STADIUM 13
 Rockville Town Center 800-FANDANGO 248#
 Free Theatre Parking - Monroe Street Garage
 Weeknights after 6 PM - all day Saturday/Sunday

Adv. Tix on Sale SCARY MOVIE 4 (PG-13) ★
LUCKY NUMBER SLEVIN (R) - ID REQ'D DIG (1240 410) 720 955
BENCHWARMERS (PG-13) DIG (1215 240 500) 735 950
TAKE THE LEAD (PG-13) DIG (1235 400) 730 1020
ATL (PG-13) DIG (1245 405) 710 945
BASIC INSTINCT 2 (R) - ID REQ'D DIG (1220)
SLITHER (R) - ID REQ'D DIG 1030
ICE AGE 2: THE MELTDOWN (PG) DIG (1200 1225 225 250 450
 515) 715 740 940 1005
INSIDE MAN (R) - ID REQ'D DIG (1230 355) 705 1015
THANK YOU FOR SMOKING (R) - ID REQ'D DIG (1210 230 455) 725
SHE'S THE MAN (PG-13) DIG (1200 235 505) 750
V FOR VENDETTA (R) - ID REQ'D DIG (350) 700 1010
FAILURE TO LAUNCH (PG-13) DIG (1205 245 510) 745 1025

Adv. Tix on Sale SCARY MOVIE 4 (PG-13) ★
LUCKY NUMBER SLEVIN (R) - ID REQ'D DIG (1240 410) 720 955
BENCHWARMERS (PG-13) DIG (1215 240 500) 735 950
TAKE THE LEAD (PG-13) DIG (1235 400) 730 1020
ATL (PG-13) DIG (1245 405) 710 945
BASIC INSTINCT 2 (R) - ID REQ'D DIG (1220)
SLITHER (R) - ID REQ'D DIG 1030
ICE AGE 2: THE MELTDOWN (PG) DIG (1200 1225 225 250 450
 515) 715 740 940 1005
INSIDE MAN (R) - ID REQ'D DIG (1230 355) 705 1015
THANK YOU FOR SMOKING (R) - ID REQ'D DIG (1210 230 455) 725
SHE'S THE MAN (PG-13) DIG (1200 235 505) 750
V FOR VENDETTA (R) - ID REQ'D DIG (350) 700 1010
FAILURE TO LAUNCH (PG-13) DIG (1205 245 510) 745 1025

Adv. Tix on Sale SCARY MOVIE 4 (PG-13) ★
LUCKY NUMBER SLEVIN (R) - ID REQ'D DIG (1240 410) 720 955
BENCHWARMERS (PG-13) DIG (1215 240 500) 735 950
TAKE THE LEAD (PG-13) DIG (1235 400) 730 1020
ATL (PG-13) DIG (1245 405) 710 945
BASIC INSTINCT 2 (R) - ID REQ'D DIG (1220)
SLITHER (R) - ID REQ'D DIG 1030
ICE AGE 2: THE MELTDOWN (PG) DIG (1200 1225 225 250 450
 515) 715 740 940 1005
INSIDE MAN (R) - ID REQ'D DIG (1230 355) 705 1015
THANK YOU FOR SMOKING (R) - ID REQ'D DIG (1210 230 455) 725
SHE'S THE MAN (PG-13) DIG (1200 235 505) 750
V FOR VENDETTA (R) - ID REQ'D DIG (350) 700 1010
FAILURE TO LAUNCH (PG-13) DIG (1205 245 510) 745 1025

OC= Open Captioned DA= Descriptive Audio Available

FAIRFAX TOWNE CENTER 10
 4110 W Ox Road 800-FANDANGO 670#

Adv. Tix on Sale SCARY MOVIE 4 (PG-13) ★
Adv. Tix on Sale DCI CLASSIC COUNTDOWN (NR) ★
Adv. Tix on Sale WIDESPREAD PANIC - EARTH TO AMERICA (NR) ★
BENCHWARMERS (PG-13) DIG (115 155 320 420 530) 710 740 930
THANK YOU FOR SMOKING (R) - ID REQ'D DIG (130 350) 730 950
PHAT GIRLZ (PG-13) DIG (200 430) 720 955
V FOR VENDETTA (R) - ID REQ'D DIG (100 400) 700 1000
CURIOUS GEORGE (G) DIG (110 325 535)
ATL (PG-13) DIG (105 330) 735 1015
SLITHER (R) - ID REQ'D DIG (110 340) 645 940
THE SHAGGY DOG (PG) DIG (140 410) 655 920
SHE'S THE MAN (PG-13) DIG (150 440) 725 1005
THE HILLS HAVE EYES (R) - ID REQ'D DIG (170 520) 750 1020

GERMANTOWN STADIUM 14
 20000 Century Blvd 800-FANDANGO 455#

Adv. Tix on Sale SCARY MOVIE 4 (PG-13) ★
PHAT GIRLZ (PG-13) DIG (1250 340) 720 955
LUCKY NUMBER SLEVIN (R) - ID REQ'D DIG (1240 340) 745 1025
BENCHWARMERS (PG-13) DIG (1210 240 500) 740 1000
TAKE THE LEAD (PG-13) DIG (1230 330) 715 1015
ATL (PG-13) DIG (100 410) 750 1025
BASIC INSTINCT 2 (R) - ID REQ'D DIG (1220) 1020
SLITHER (R) - ID REQ'D DIG (350) 720
ICE AGE 2: THE MELTDOWN (PG) DIG (1215 115 220 245 350 440
 510) 630 700 730 910 935 1000
STAY ALIVE (PG-13) DIG (1205 310) 650 920
INSIDE MAN (R) - ID REQ'D DIG (115 415) 715 1015
SHE'S THE MAN (PG-13) DIG (1240 345) 710 1005
V FOR VENDETTA (R) - ID REQ'D DIG (1200 315) 700 1010
FAILURE TO LAUNCH (PG-13) DIG (1245 400) 645 930

UA SNOWDEN SQ STADIUM 14
 9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale SCARY MOVIE 4 (PG-13) ★
Adv. Tix on Sale DCI CLASSIC COUNTDOWN (NR) ★
Adv. Tix on Sale WIDESPREAD PANIC - EARTH TO AMERICA (NR) ★
PHAT GIRLZ (PG-13) DIG (100 400) 720 945
LUCKY NUMBER SLEVIN (R) - ID REQ'D DIG (1245 345) 700 940
BENCHWARMERS (PG-13) DIG (1215 245 515) 720 940
TAKE THE LEAD (PG-13) DIG (1245 345) 700 950
ATL (PG-13) DIG (130 430) 745 1010
BASIC INSTINCT 2 (R) - ID REQ'D DIG (445) 1000
SLITHER (R) - ID REQ'D DIG (145 500) 800 1015
ICE AGE 2: THE MELTDOWN (PG) DIG (1200 1230 115 230 400 500
 530) 630 730 915 1000
STAY ALIVE (PG-13) DIG (1215 230) 745
INSIDE MAN (R) - ID REQ'D DIG (1200 115 430) 645 930
SHE'S THE MAN (PG-13) DIG (100 415) 645 930
V FOR VENDETTA (R) - ID REQ'D DIG (315) 950
FAILURE TO LAUNCH (PG-13) DIG (130 445) 800 1015
OC & DA: ICE AGE 2 (PG) DIG (300 815)

MANASSAS STADIUM 14
 11380 Bulloch Drive 800-FANDANGO 490#

Adv. Tix on Sale SCARY MOVIE 4 (PG-13) ★
LUCKY NUMBER SLEVIN (R) - ID REQ'D DIG (1240 320) 725 1000
BENCHWARMERS (PG-13) DIG (1200 220 450) 740 955
TAKE THE LEAD (PG-13) DIG (1230 330) 720 1010
ATL (PG-13) DIG (1255 345) 640 910
BASIC INSTINCT 2 (R) - ID REQ'D DIG 935
SLITHER (R) - ID REQ'D DIG 1020
ICE AGE 2: THE MELTDOWN (PG) DIG (1120 1150 1210 145 210
 235 410 440 500) 700 730 800 925 950
LARRY THE CABLE GUY: HEALTH INSPECTOR (PG-13) DIG (1215
 230 455) 755 1005
STAY ALIVE (PG-13) DIG (1145 215 435) 755 1000
INSIDE MAN (R) - ID REQ'D DIG (1245 400) 710 1005
THANK YOU FOR SMOKING (R) - ID REQ'D DIG (1130 220 430) 745
SHE'S THE MAN (PG-13) DIG (100 340) 705
V FOR VENDETTA (R) - ID REQ'D DIG (1225 325) 645 940
FAILURE TO LAUNCH (PG-13) DIG (1135 155 420) 650 920

* Pass / Discount Ticket Restrictions Apply ©2006

Matinee price for all shows Fri-Sun & holidays before 4PM and Mon-Thurs before 6PM.
Advanced Ticketing available at MovieWatcher.com or (816) 363-4AMC. R-Rating requires ID.
CC - Closed Captioning · DV - Descriptive Video Service · OC - Open Captioning

AMC HOFFMANN CENTER 22
Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

THE BENCHWARMERS (PG13) ✓ 11:30, 12:15, 1:55, 2:40, 4:05, 5:20, 6:30, 7:45, 8:50, 10:10
LUCKY NUMBER SLEVIN (R) ✓ 12:05, 2:50, 5:40, 8:20, 10:50
PHAT GIRLZ (PG13) ✓ 11:35, 12:20, 2:15, 3:10, 4:50, 5:35, 7:15, 8:05, 9:55, 10:45
TAKE THE LEAD (PG13) ✓ 11:00, 2:00, 4:45, 7:40, 10:35
ATL (PG13) 11:40, 2:10, 2:35, 4:10, 5:10, 7:10, 8:10, 9:45, 10:45
BASIC INSTINCT 2 (R) 11:05, 1:50, 4:35, 7:25, 10:10
ICE AGE: THE MELTDOWN (PG) 10:30, 11:15, 12:00, 12:45, 1:00, 1:45, 2:30, 3:00, 3:30, 4:15, 5:00, 5:25, 6:00, 7:00, 7:30, 7:50, 8:35, 9:15, 10:00, 10:20
ICE AGE: THE MELTDOWN (PG) 10:30, 1:00, 3:30, 6:00, 8:35
SLITHER (R) 12:15, 2:40, 5:20, 7:45, 10:10
INSIDE MAN (R) 10:35, 12:30, 1:25, 3:35, 4:20, 6:45, 7:20, 9:50
STAY ALIVE (PG13) 1:30, 3:50, 5:55, 8:25, 10:40
SHE'S THE MAN (PG13) 12:10, 2:45, 5:30, 8:15, 10:45
THANK YOU FOR SMOKING (R) ✓ 11:25, 2:05, 4:30, 7:00, 9:30
V FOR VENETTA (R) 12:55, 3:55, 7:05, 10:05
FAILURE TO LAUNCH (PG13) 11:50, 2:25, 4:55, 7:35, 10:00
THE SHAGGY DOG (PG) 10:40, 1:05, 3:30, 5:55
16 BLOCKS (PG13) 8:05, 10:35
MADEA'S FAMILY REUNION (PG13) 10:15 PM

AMC SPRINGFIELD MALL 10
Loisdale and Franconia Road
703-971-3991

THE BENCHWARMERS (PG13) 1:10, 3:20, 5:30, 7:50, 10:10
LUCKY NUMBER SLEVIN (R) 1:45, 4:50, 7:30, 10:15
PHAT GIRLZ (PG13) 1:20, 4:30, 7:10, 9:40
TAKE THE LEAD (PG13) 1:20, 4:30, 7:20, 10:00
ATL (PG13) 1:45, 4:40, 7:20, 9:50
ICE AGE: THE MELTDOWN (PG) 1:00, 3:10, 5:20, 7:30, 9:45
SLITHER (R) 7:15, 9:45
INSIDE MAN (R) 1:30, 4:10, 7:00, 9:50
STAY ALIVE (PG13) 2:00, 5:00, 7:40, 10:10
SHE'S THE MAN (PG13) 1:10, 4:20
V FOR VENETTA (R) 7:00, 10:00
V FOR VENETTA (R) 7:00, 10:00
THE SHAGGY DOG (PG) 1:00, 4:10

AMC MAZZA GALLERIE
Jennifer and Wisconsin
202-537-9553

LUCKY NUMBER SLEVIN (R) ✓ 1:20, 4:20, 7:10, 9:45
PHAT GIRLZ (PG13) ✓ 12:20, 2:45, 5:10, 7:35, 10:00
ICE AGE: THE MELTDOWN (PG) 12:00, 12:45, 2:20, 3:05, 4:40, 5:25, 7:00, 7:45, 9:20, 10:00
INSIDE MAN (R) 12:30, 1:30, 3:45, 4:30, 6:45, 7:30, 9:40
INSIDE MAN (R) 12:30, 3:45, 6:45, 9:40
SHE'S THE MAN (PG13) 12:10, 2:40, 5:10, 7:40, 10:10

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441 821

THE BENCHWARMERS (PG13) ✓ 12:30, 2:50, 5:10, 7:30, 9:50
LUCKY NUMBER SLEVIN (R) ✓ 2:00, 4:45, 7:40, 10:30
PHAT GIRLZ (PG13) ✓ 12:05, 2:35, 5:05, 7:35, 10:10
TAKE THE LEAD (PG13) ✓ 11:00, 2:05, 4:55, 7:50, 10:45
ATL (PG13) 1:50, 4:30, 7:05, 9:45
BASIC INSTINCT 2 (R) 1:30, 4:20, 7:10, 9:55
ICE AGE: THE MELTDOWN (PG) 12:40, 3:00, 5:25, 8:10, 10:35
SLITHER (R) 12:00, 5:00, 10:25
INSIDE MAN (R) 12:10, 1:40, 2:10, 3:20, 4:50, 6:30, 7:20, 8:00, 9:35
THANK YOU FOR SMOKING (R) 12:15, 1:45, 2:45, 4:15, 5:15, 6:45, 7:45, 9:15, 10:15
V FOR VENETTA (R) 12:50, 3:55, 7:00, 10:05
FAILURE TO LAUNCH (PG13) 1:05, 3:25, 5:45, 8:15, 10:40

LOEWS WISCONSIN AVE. 6
4000 Wisconsin Avenue, N.W.
202-244-0882 714

THE BENCHWARMERS (PG13) 2:25, 4:50, 7:20
TAKE THE LEAD (PG13) 1:25, 4:00, 6:55
ATL (PG13) 2:10, 4:40, 7:05
BASIC INSTINCT 2 (R) 1:40, 4:20, 7:00
SLITHER (R) 2:20, 4:45, 7:15
FAILURE TO LAUNCH (PG13) 2:05, 4:30, 7:10

LOEWS WHITE FLINT 5
North Bethesda
310-423-1014 741

LUCKY NUMBER SLEVIN (R) 2:05, 4:35, 7:00
TAKE THE LEAD (PG13) 2:10, 5:00, 7:40
ICE AGE: THE MELTDOWN (PG) 2:15, 4:30, 7:10
INSIDE MAN (R) 2:00, 4:50, 7:45
FAILURE TO LAUNCH (PG13) 2:20, 4:45, 7:30

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

THE BENCHWARMERS (PG13) ✓ 12:30, 2:45, 5:05, 7:15, 9:30
LUCKY NUMBER SLEVIN (R) ✓ 12:00, 2:35, 5:10, 7:45, 10:25
PHAT GIRLZ (PG13) ✓ 12:20, 2:50, 5:20, 7:50, 10:20
TAKE THE LEAD (PG13) ✓ 1:40, 4:25, 7:05, 9:55
ATL (PG13) 12:15, 1:35, 2:55, 4:15, 5:35, 7:00, 8:20, 9:40
BASIC INSTINCT 2 (R) 1:55, 4:55, 7:40, 10:15
ICE AGE: THE MELTDOWN (PG) 12:05, 12:50, 1:30, 2:30, 3:20, 4:00, 5:00, 6:00, 6:30, 7:20, 8:15, 9:00, 9:50, 10:30
SLITHER (R) 1:15, 3:30, 5:45, 8:10, 10:30
INSIDE MAN (R) 1:10, 4:10, 7:10, 7:55, 10:05
INSIDE MAN (R) 1:10, 4:10, 7:10, 10:05
STAY ALIVE (PG13) 12:55, 3:15, 5:40, 8:05, 10:10
SHE'S THE MAN (PG13) 1:50, 4:45, 7:35, 10:00
THANK YOU FOR SMOKING (R) 12:45, 3:00, 5:15, 7:30, 9:45
V FOR VENETTA (R) 1:05, 4:20, 7:25, 10:25
FAILURE TO LAUNCH (PG13) 12:40, 3:10, 5:30, 8:00, 10:20
THE SHAGGY DOG (PG) 12:10, 2:40, 5:25

AMC RIVERTOWNE 12
Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.
703-998-4AMC

THE BENCHWARMERS (PG13) ✓ 12:40, 3:00, 5:30, 8:00
LUCKY NUMBER SLEVIN (R) ✓ 1:10, 4:40, 7:40
PHAT GIRLZ (PG13) ✓ 1:30, 2:00, 4:30, 5:20, 7:30, 8:20
TAKE THE LEAD (PG13) ✓ 1:20, 4:50, 7:50
ATL (PG13) 12:20, 1:00, 3:10, 4:20, 5:40, 7:20, 8:30
ICE AGE: THE MELTDOWN (PG) 12:30, 1:00, 3:10, 4:00, 5:25, 7:00, 8:10
SLITHER (R) 1:40, 4:40, 7:40
INSIDE MAN (R) 12:50, 4:10, 7:10
MADEA'S FAMILY REUNION (PG13) 1:50, 5:00, 7:30

AMC UNION STATION 9
Located at Union Station
703-998-4AMC

LUCKY NUMBER SLEVIN (R) ✓ 12:15, 2:50, 5:25, 8:10
PHAT GIRLZ (PG13) ✓ 1:30, 4:15, 7:10
TAKE THE LEAD (PG13) ✓ 1:00, 4:10, 7:20
ATL (PG13) 12:00, 2:35, 5:15, 8:00
ATL (PG13) 12:00, 2:35, 5:15, 8:00
ICE AGE: THE MELTDOWN (PG) 12:00, 2:10, 4:30, 7:00
SLITHER (R) 1:40, 4:40, 7:05
INSIDE MAN (R) 1:50, 4:50, 7:45
STAY ALIVE (PG13) 12:30, 2:45, 5:00, 7:15
SHE'S THE MAN (PG13) 1:15, 4:05
V FOR VENETTA (R) 7:30

AMC COUNTRY CLUB MALL 6
Country Club Mall on Vocke Rd near Route 68.
703-998-4AMC

THE BENCHWARMERS (PG13) ✓ 5:40, 7:50
LUCKY NUMBER SLEVIN (R) ✓ 5:30, 8:00
ICE AGE: THE MELTDOWN (PG) 5:20, 7:50
SLITHER (R) 8:10
INSIDE MAN (R) 5:10, 8:00
LARRY THE CABLE GUY: HEALTH INSPECTOR (PG13) 5:50
FAILURE TO LAUNCH (PG13) 5:40, 8:10

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220 844

THE BENCHWARMERS (PG13) 12:25, 2:40, 5:00, 7:05, 9:30
THE BENCHWARMERS (PG13) 12:25, 2:40, 5:00, 7:05, 9:30
LUCKY NUMBER SLEVIN (R) 1:30, 4:20, 7:30, 10:15
PHAT GIRLZ (PG13) 12:20, 2:50, 5:20, 7:50, 10:20
ATL (PG13) 12:15, 1:15, 3:05, 4:05, 6:15, 7:15, 9:00, 10:00
BASIC INSTINCT 2 (R) 1:40, 4:30, 7:40, 10:30
ICE AGE: THE MELTDOWN (PG) 12:00, 2:20, 4:50, 7:25, 9:50
SLITHER (R) 12:50, 3:05, 5:35, 7:50, 10:40
INSIDE MAN (R) 1:00, 4:05, 7:00, 8:00, 10:10, 11:00
STAY ALIVE (PG13) 2:00, 4:25, 7:20, 9:40
THE SHAGGY DOG (PG) 12:40, 3:10, 5:40
MADEA'S FAMILY REUNION (PG13) 12:30, 3:00, 5:30, 8:05, 10:35

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

MARILYN HOTCHKISS' BALLROOM DANCING & CHARM SCHOOL (PG13) 2:00, 4:50, 7:50, 10:00
THANK YOU FOR SMOKING (R) 1:30, 3:30, 5:30, 7:30, 9:30
ASK THE DUST (R) 1:00, 4:10, 7:10, 9:40
MERRY CHRISTMAS (PG13) 1:10, 3:50, 7:00, 9:20
TSOTSI (R) 1:20, 4:30, 8:00, 10:00
MRS. HENDERSON PRESENTS (R) 1:40, 7:20
TRANSAMERICA (R) 4:20, 9:50
CAPOTE (R) 1:50, 5:00, 7:40, 10:10

LOEWS DUPONT 5
1350 19th St.
202-872-9555 711

MARILYN HOTCHKISS' BALLROOM DANCING & CHARM SCHOOL (PG13) 5:00, 7:30
ASK THE DUST (R) 8:00
WHY WE FIGHT (PG13) 5:15, 7:50
BROKEBACK MOUNTAIN (R) 4:45, 7:40
CAPOTE (R) 4:30, 7:45

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

THE BENCHWARMERS (PG13) ✓ 11:05, 1:15, 3:35, 5:50, 8:15, 10:40
LUCKY NUMBER SLEVIN (R) ✓ 12:00, 2:35, 5:15, 8:00, 10:45
TAKE THE LEAD (PG13) ✓ 11:10, 1:50, 4:35, 7:35, 10:25
ATL (PG13) 12:35, 3:05, 5:40, 8:15, 10:50
BASIC INSTINCT 2 (R) 12:05, 2:45, 5:25, 8:10, 10:55
ICE AGE: THE MELTDOWN (PG) 11:00, 11:50, 12:40, 1:30, 2:20, 3:15, 4:00, 4:40, 5:25, 6:20, 7:10, 7:55, 8:40, 9:35, 10:20
INSIDE MAN (R) 11:30, 12:30, 1:35, 2:30, 3:30, 4:25, 5:35, 6:25, 7:25, 8:30, 9:30, 10:30
INSIDE MAN (R) 11:30, 2:30, 5:35, 8:30
STAY ALIVE (PG13) 12:15, 2:40, 4:55, 7:15, 9:25
SHE'S THE MAN (PG13) 12:20, 2:50, 5:30, 8:05, 10:35
THANK YOU FOR SMOKING (R) 12:10, 2:25, 4:45, 7:05, 9:45
V FOR VENETTA (R) 12:55, 4:10, 7:10, 10:10
FAILURE TO LAUNCH (PG13) 12:25, 2:55, 5:20, 7:50, 10:15

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
410-423-0520

THE BENCHWARMERS (PG13) 11:00, 1:10, 3:30, 5:50, 8:10, 10:35
LUCKY NUMBER SLEVIN (R) 11:40, 2:20, 5:00, 7:45, 10:40
PHAT GIRLZ (PG13) 12:20, 2:45, 5:15, 7:55, 10:25
TAKE THE LEAD (PG13) 1:20, 4:15, 7:20, 10:15
ATL (PG13) 1:40, 4:40, 7:40, 10:20
ATL (PG13) 1:40, 4:40, 7:40, 10:20
BASIC INSTINCT 2 (R) 12:10, 2:50, 5:35, 8:15
ICE AGE: THE MELTDOWN (PG) 11:25, 12:25, 1:55, 2:55, 4:25, 5:25, 7:00, 8:00, 9:30, 10:30
SLITHER (R) 11:50, 2:15, 4:45, 7:10, 10:10
INSIDE MAN (R) 11:30, 2:30, 5:30, 8:30
STAY ALIVE (PG13) 11:35, 1:50, 4:20, 7:05, 9:20
SHE'S THE MAN (PG13) 11:20, 2:00, 4:35, 7:25, 9:55
V FOR VENETTA (R) 11:15, 2:10, 5:20, 8:25
FAILURE TO LAUNCH (PG13) 11:55, 2:25, 4:55, 7:30, 10:00

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

LUCKY NUMBER SLEVIN (R) ✓ 12:10, 2:40, 5:10, 7:50, 10:30
PHAT GIRLZ (PG13) ✓ 12:40, 3:10, 5:25, 8:10, 10:25
TAKE THE LEAD (PG13) ✓ 12:00, 2:30, 5:00, 7:40, 10:15
ATL (PG13) 12:30, 3:00, 5:30, 8:00, 10:25
INSIDE MAN (R) 12:00, 1:10, 2:50, 4:40, 5:40, 7:30, 8:30, 10:20
SHE'S THE MAN (PG13) 12:20, 2:45, 5:15, 7:45, 10:10
THE PINK PANTHER (PG) 12:35, 2:50
MUNICH (R) 4:50, 8:20

LOEWS WHEATON PLAZA 11
Viers Mill Rd. Btwn. Georgia & University
901-949-9202 746

THE BENCHWARMERS (PG13) ✓ 2:00, 4:10, 7:30, 9:30
THE BENCHWARMERS (PG13) 2:00, 4:10, 7:30, 9:30
LUCKY NUMBER SLEVIN (R) ✓ 2:10, 5:00, 7:20, 9:45
PHAT GIRLZ (PG13) ✓ 1:40, 4:15, 7:20, 9:40
TAKE THE LEAD (PG13) ✓ 1:05, 4:20, 7:00, 10:00
ATL (PG13) 1:15, 4:30, 7:30, 9:50
ICE AGE: THE MELTDOWN (PG) 1:00, 3:10, 5:15, 7:35, 9:55
SLITHER (R) 9:20 PM
INSIDE MAN (R) 1:10, 4:05, 7:00, 10:00
STAY ALIVE (PG13) 1:20, 3:30, 5:40, 8:00, 10:10
SHE'S THE MAN (PG13) 1:30, 4:25, 7:10, 9:30
FAILURE TO LAUNCH (PG13) 1:50, 4:50, 7:35, 9:35
THE SHAGGY DOG (PG) 1:30, 4:15, 7:15

LOEWS FAIRFAX SQUARE 8
8065 Leesburg Pike
703-506-9857 802

REEL MOMS
PHAT GIRLZ (PG13) 11:00 AM
PHAT GIRLZ (PG13) 2:00, 4:30, 7:15, 9:30
SLITHER (R) 2:20, 4:50, 7:40, 10:10
LARRY THE CABLE GUY: HEALTH INSPECTOR (PG13) 2:30, 4:40, 7:20, 9:20
THE SHAGGY DOG (PG) 1:50, 4:10, 7:00, 9:10
16 BLOCKS (PG13) 2:10, 5:00, 7:35, 9:40
AQUAMARINE (PG) 1:40, 4:05
FIREWALL (PG13) 7:30, 9:50
MEMOIRS OF A GEISHA (PG13) 2:40, 5:30, 8:30
BROKEBACK MOUNTAIN (R) 1:30, 4:20, 7:10, 10:00

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
202-966-5400 713

V FOR VENETTA (R) 1:00, 4:00, 7:00, 10:00

Times for Tuesday, April 11, 2006

THE INNOCENTS
HEADSHOTS
Photographs by Taryn Simon

Closing Event
Friday April 14

Reception, 6pm

Last chance to view this compelling exhibition featuring portraits of individuals whose wrongful convictions were overturned using DNA evidence

Special Guest Speaker

Aaron M. Levine, Attorney and art collector

Film Screening, 7:30 pm

The Exonerated, starring Danny Glover and Susan Sarandon

Refreshments generously provided by Whole Foods.

Buy the DVD online and support Provisions!

PROVISIONS LIBRARY
RESOURCES FOR ARTS AND SOCIAL CHANGE

1611 CONNECTICUT AVE., NW, 2ND FLOOR,
WASHINGTON DC 20009

202.299.0460
WWW.PROVISIONSLIBRARY.ORG

Outstanding Distributor
Derek Scott



"I'd like to tell you how much I appreciate Derek, the Express distributor at PG Plaza Metro. Derek always has a 'good morning' or 'have a great day or weekend' for everyone. Derek always shows genuine customer service."

— PG Plaza Metro Rider



express
A publication of The Washington Post

To recognize an outstanding distributor, please email circulation@readexpress.com. Please include your name, city and metro station.

German Historical Institute
Washington, D.C.
Lecture Series – Spring 2006
COMPETING MODERNITIES:
Germany and the United States 1890 to the Present



Manfred Berg
University of Heidelberg

Dieter Gosewinkel

Berlin Center for Social Science Research

Modern Constitutional Law and Legal Culture in Germany and the United States

Thursday, April 13, 6-8 p.m.

Refreshments will be served at 6 p.m. Lectures begin at 6:30 p.m.

Metro: Red Line to Dupont Circle (Use Q Street/North Exit)

RSVP (acceptances only)

Phone: (202) 387-3355 • Fax: (202) 387-6437

Email: events@ghi-dc.org

This lecture series enjoys the generous support of the Robert Bosch Stiftung (Stuttgart).



German Historical Institute
1607 New Hampshire Ave. NW

Adapt you.

"Personal Tech" can give you cool and useful tools. **Mondays.**

express

continuing education

CORCORAN COLLEGE OF ART+DESIGN

ce+

Register today for courses starting May 15th in art history, cultural studies, drawing, painting, ceramics, sculpture, photography and more by visiting www.corcoran.edu/ce.

OPEN HOUSE

AND CHILDREN'S
ART BOOK SALE

Sunday, April 23rd
2:00 p.m. – 4:00 p.m.
Georgetown Campus
Corcoran College of Art + Design
35th and S Streets, N.W.

Refreshments generously provided by Whole Foods Market.

Entertainment



WHO CAN YOU TRUST? Not only is President Logan (Gregory Itzin) of "24" useless at best and evil at worst, his vice president may be really pulling the strings.

Villainous TV Veeps

On Fox, at least, the second in command can be the first worst

SCUM RISES | With "Prison Break" and "24," Fox's Monday has become the night of the creepy veep.

As last week's "Prison Break" ended, we saw the vice president (Patricia Wettig) chatting nervously with her brother, who's supposed to be dead. That patsy Lincoln Scofield (Dominic Purcell) is slated to go to the chair for his murder.

At the end of last week's "24," both characters and viewers were surprised to learn that Vice President Hal Gardner (Ray Wise) was not the mastermind behind the day's nefarious doings. Apparently, the cabal went all the way to the top.

But even if he isn't the Big Enchilada, Gardner ruthlessly declared martial law and insisted on Homeland Security's botched takeover of CTU. It's not too late for the vice to regain his status as top junkyard dog.

Prime-time vice presidents weren't always this way. When

"The West Wing" actually mattered, Vice President John Hoynes (Tim Matheson) kept his scandals personal, minor and sexual. Before she became "Commander in Chief," Geena Davis' vice presidential character was considered a non-partisan, nonthreatening pushover.

One has to assume that the current seasons of "24" and "Prison Break" were written before Vice President Dick Cheney's popularity dipped to the historic low of 18 percent, and certainly before he accidentally shot a social acquaintance and then blamed the media for his inconvenience.

But Cheney's secretive, cantankerous manner, his links to oil companies and defense contractors and his role in planning an unpopular war must provide some inspiration for television writers.

A spokesperson for 20th Century Fox Television — producers of both "24" and "Prison Break" — denied that either show had any partisan axes to grind and that any political parallels were "simply in the eye of the beholder."

KEVIN MCDONOUGH (NEWSDAY)



CONGRESSIONALMOTORS

Price & Service. Always.



\$18,895*

2005 Mazda Tribute 4x4
V6/Auto Trans and More! #D054183



\$13,995*

New '06 B Series Mazda Truck
AC/Bedliner and More! #E064170



\$20,995*

2005 Mazda MPV ES
Side Airbags/Leather #D054149



\$21,995*

2005 Mazda RX-8
Auto Trans/Sport Pkg/CD #D054524

0% Financing Available
ON SELECTED MODELS

NEW 2005 MPVS AND TRIBUTES
UP TO \$7,500 OFF MSRP!



\$15,995*

2006 Mazda 6
#E064199



\$12,788*

2006 Mazda 3i
Power Brakes/CD and More! #E064278



\$17,895*

All New Mazda 5
Auto Trans/Popular Package #E064188



\$18,895*

2005 Mazda Miata
Auto/Conv & App Pkgs/Alarm #D054278

*Price in lieu of MAC rebate. All prices plus tax, tags, freight and processing fee. All incentives included.

Lease payment based on \$2,500, taxes, tags, 1st payment & security deposit down. 48 months w/MAC. 12K miles annually.

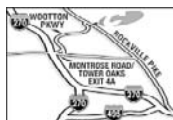
Special financing cannot be used in conjunction with rebates. All programs expire 4/20/06.

TAKE A TEST DRIVE TODAY.

Se habla
Español

800 784 2931

Just 5 minutes from I-270 to Wootton Pkwy & Rockville Pike
congressionalmotors.com



mazda

IT'S UNBOUND TO BE A GREAT WEEKEND

WeekendPass—the Thursday guide that lasts all weekend. Just pick up Express—and pull.

WeekendPass. Thursdays.

express



XX040

HAVE YOUR PEOPLE CALL HIS PEOPLE: Fox and DreamWorks Television are teaming up to produce "The Lot," in which wannabe DeMilles vie to impress Steven Spielberg and reality-TV guru Mark Burnett in hopes of winning a development deal.



Television

ON TV TONIGHT

SOMEONE GOT HIT IN THE HEAD

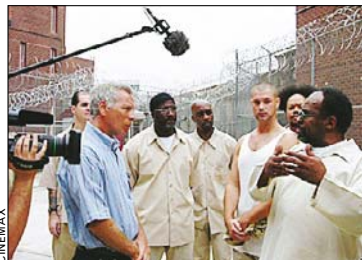
REAL SPORTS WITH BRYANT GUMBEL (10 p.m., HBO) profiles Darren Daulton, a major-leaguer for 14 seasons. His post-baseball resume is checkered with arrests, but since serving a short sentence, Daulton has emerged as a mystic of sorts, eager to share his thoughts about out-of-body experiences and vibrating energy fields.

ENDURING FOLLY

PROTOCOLS OF ZION (7 p.m., Cinemax) examines the influence and infamy of a fraudulent "report" concocted in 1905 to whip up anti-Semitic hysteria in czarist Russia.

IS HE MADE OF CHOCOLATE?

Linus explains another curious holiday tradition in the 1994 animated special



BREAKING 'PROTOCOLS': Marc Levin took his questions to the streets.

IT'S THE EASTER BEAGLE, CHARLIE BROWN
(8 p.m., ABC).

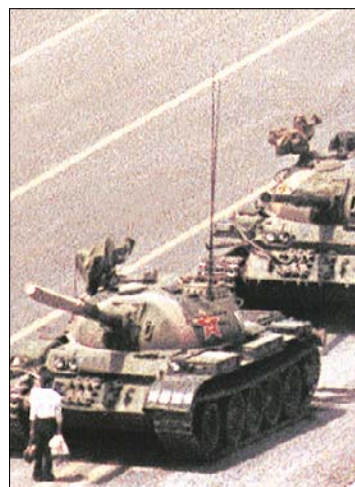
WE CAN ONLY HOPE

The remaining contestants take on the music of Queen on **AMERICAN IDOL** (8 p.m., Fox). What's next, ELO? KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

One Man's Stand

'Frontline' recalls the Chinese citizen who faced down the tanks

RESISTANCE | “Frontline” (10 p.m., PBS) looks back at the student and worker protests in China’s Tiananmen Square in early June 1989. For a few days, it seemed that a new breed of people power would topple the ruthless Communist government. Instead, the regime sent in troops and tanks. Thousands were killed, and the demonstrators were dispersed. Days later, a lone man, thought to be a worker, stood alone in front of a line of tanks — a living



ROLLING OVER DEMOCRACY: Facing down the tanks in Tienanmen Square.

| symbol of resistance.

“Frontline” interviews journalists and human-rights activists who have heard rumors about his arrest and possible execution over the years. They also explain how China’s repressive regime has used the nation’s explosive economic growth as a kind of safety valve against dissent.

In tank man's native land, memory of his resistance had been all but vaporized.

Most chilling of all, this "Frontline" explains why American corporations, including Google, Yahoo! and Cisco Systems, have cooperated with Chinese authorities to censor news and information and to help them locate alleged "subversives." KEVIN MCDONOUGH
(UNITED FEATURE SYNDICATE)

4.11.06		6:00 PM		6:30		7:00		7:30		8:00		8:30		9:00		9:30		10:00		10:30		11:00		11:30		
LOCAL CHANNELS	WRC	4	News			NBC Nightly News		Access Hollywood		Outrageous		Scrubs		Scrubs (N)		Teachers (N)		Conviction "True Love" (N)		News				Tonight Show		
	WTTG	5	Seinfeld		The Simpsons	The Simpsons	Seinfeld	American Idol (S Live)		Easter Beagle		Hope & Faith (N)		"The Ten Commandments" (2006) (Part 2 of 2)		Dougray Scott. Premiere.		News		Geraldo at Large				Friends		
	WJLA	7	News		ABC Wld News	Wheel of Fortune	Jeopardy! (N)											News						(.35) Nightline		
	WUSA	9	News		CBS News	9News Tonight	Ent. Tonight		NCIS "Light Sleeper" (iTV)					The Unit "Security" (N)		CSI: Crime Scene Investigation		News						Late Show		
	WDCA	20	That '70s Show		That '70s Show	Friends	Every-Raymond	America's Next Top Model		Veronica Mars "I Am God" (N)		The Tyra Banks Show (N)		Girlfriends		Tuscan Hills								Girlfriends		
	WMPT	22	The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors Md.	Nova Conflicts lead to Albert Einstein's mathematical discovery.		Frontline "The Tank Man" (N)		World War II: The Complete History													World War II		
	WETA	26	BBC World News		Business Rpt.	The NewsHour With Jim Lehrer (N)	Nova "Hunt for the Supertwister" (N)		Frontline "The Tank Man" (N)		BuryBurnRetrn		BBC World News		Tavis Smiley		Charlie Rose (N)									
	WHUT	32	World Business		Tavis Smiley	BBC World News	Moneywise	Mystery! "Foyle's War III: Enemy Fire" (DVS)																		
WBDC	50	Steve Harvey		The Parkers	My Wife and Kids	Bernie Mac	Gilmore Girls "The Real Paul Anka"		Pepper Dennis (N)		Bernie Mac		My Wife and Kids		Sex and the City		Will & Grace									
BASIC CABLE	A&E		Cold Case Files			Crossing Jordan "Out of Sight"		Investigative Reports		Bounty Hunter		Bounty Hunter		King of Cars (N)		King of Cars		Crossing Jordan								
	Animal		The Crocodile Hunter Diaries			The Most Extreme "Strength"		Weird Nature		The Most Extreme "Dieters"		Eaten Alive				Weird Nature										
	BET		106 & Park: BET's Top 10 Live			Access Granted		★ ★ "All About the Benjamins" (2002, Action)		Ice Cube, Mike Epps.		Lil Kim Lock.		College Hill		In Living Color		In Living Color								
	Bravo		Blow Out Fashion Week.			The West Wing		Blow Out Fashion Week.		Blow Out Jonathan returns to QVC.		Real Housewives of Orange County		Blow Out Jonathan returns to QVC.												
	Comedy		(5:00) ★ ★ "Good Advice" (2001)			Reno 911!		Reno 911!		Daily Show		Colbert Report		Chappelle's Show		South Park		Distraction (N)		Drawn Together		Daily Show		Colbert Report		
	Court		Forensic Files		Forensic Files	Cops		Cops		Cops		Cops		Cops		Cops		The Investigators "Risky Business"		Masterminds		Masterminds				
	Discovery		Cash Cab		Cash Cab	Deadliest Catch		Deadliest Catch		Deadliest Catch "On the Crab" (N)		Oil, Sweat and Rigs (N)		Dirty Jobs "Bat Cave Scavenger"												
	DISCH		Paramedics "Southern Comfort"			Trauma: Life in the ER		Dr. Know (N)		Dr. Know		Inside the Criminal Mind		Transplant: The Gift of Life (N)		Dr. Know		Dr. Know								
	Disney		That's So Raven		Zack & Cody	Phil of the Future	That's So Raven	★ "The Big Green" (1995, Comedy) Steve Guttenberg, Olivia d'Abo.		American Drgn		Even Stevens		Zack & Cody		That's So Raven										
	E!		The Soup		Simple Life	E! News (N)	The Daily 10 (N)	Beyonce Revealed Beyonce.		Janet Jackson: THS		Saturday Night Live														
	FX		King of the Hill		That '70s Show	That '70s Show	★ ★ "Don't Say a Word" (2001, Suspense) Michael Douglas, Sean Bean, Brittany Murphy.				Thief (N)		(.05) Thief													
	HGTV		Renovation		Wknd Warriors	Curb Appeal	House Hunters	Designed to Sell	Design Remix	Decorating Cents		Curb Appeal (N)		House Hunters		Buy Me (N)		Parents House		Designer Finals						
	Family		7th Heaven "Letting Go" (N)			7th Heaven "The Known Soldier"		★ ★ ★ "Back to the Future" (1985, Science Fiction) Michael J. Fox, Christopher Lloyd.				Whose Line?		The 700 Club												
	History		UFO Files: Kecksburg UFO			Modern Marvels: Metal		Decoding the Past		10 Days That Changed America		10 Days That Changed America		Modern Marvels: Gold Mines												
	Lifetime		Golden Palace		Golden Palace	"Cover Story" (2002, Suspense) Elizabeth Berkley, Jason Priestley.		Berkley, Jason Priestley.		"Mafia Doctor" (2003) Paul Sorvino, Olympia Dukakis. Premiere.		Will & Grace		Will & Grace												
	MTV		Yo Momma (N)		Diary "Pharrell"	Direct Effect		8th & Ocean		8th & Ocean		The Real World		The Real World		8th & Ocean (N)		Punk'd		Punk'd						
	NICK		Ned's School		Danny Phantom	Fairly Oddparents	Jimmy Neutron	SpongeBob		All Grown Up		Full House		Funniest Mom		Mad About You		Mad About You		Mad About You		Mad About You		Mad About You		
	SCIFI		Stargate SG-1 "New Ground"			Stephen King's Kingdom Hospital "The Kingdom Come"		Stephen King's Kingdom Hospital		Stephen King's Kingdom Hospital		Stephen King's Kingdom Hospital		★ ★ "The Beast" (1996, Horror)												
	SPIKE		World's Wildest Police Videos			CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		"Today You Die" (2005, Action) Steven Seagal, Treach, Lawrence Turner.		UFC Countdown		The Playbook (N)												
	TBS		Seinfeld		Seinfeld	Every-Raymond	Every-Raymond	Friends		Friends		Sex and the City		Sex and the City		Seinfeld		Seinfeld		Every-Raymond		O Brother-Thou				
TLC		Martha (N)			Overhaulin' "Nova-Caine" Surprise.		Wrecks to Riches "Christine Camaro"		Overhaulin' "Lowrider Girl" (N)		Miami Ink "Made in Japan" (N)		Wrecks to Riches "Christine Camaro"													
TNT		Charmed "Paige From My Past"			Law & Order "Kid Pro Quo"		Law & Order "Seer" (DVS)		Law & Order "Sects" (DVS)		Law & Order "School Daze"		Cold Case "Churchgoing People"													
USA		Law & Order: Criminal Intent			Law & Order: Criminal Intent		Law & Order: Criminal Intent		Law & Order: Special Victims Unit		Nashville Star (N)		Law & Order: Criminal Intent													
VHI		The Surreal Life		The Surreal Life	Love Monkey "Pilot"		Love Monkey "Nice Package"		Love Monkey "Confidence" (N)		So NoTORious		Can't Get a Date													
SPAN.	TELEM		Sala de Parejas		Noti-Telemndo	La Tormenta	Tierra de Pasiones	Corazón Partido	Decisiones	Decisiones		Noti-Telemndo		Fútbol Amistoso												
	UNIV		Que Locura		Noticiero Univ	Peregrina (N)	Barrera de Amor (N)	Alborada (N)		Ver Para Creer		Primer Impacto		Noticiero Univ.												
	ESPN		SportsCenter (Live)			Bonds on Bonds	SportsCenter NFL Draft Special (Live)	Battle of the Gridiron Stars (N)		Baseball Tonight (Live)		SportsCenter (Live)														
SPORTS	ESPN2		Series of Poker		Around the Horn	Soccer Friendly -- Jamaica at United States. From Cary, N.C. (Live)	NBA Coast-to-Coast (Live)			Quite Frankly With Stephen A. Smith																
	CSN		The Sports List		SportsNite	Reunion With Roy Firestone	Premiership Soccer Manchester City vs. Tottenham Hotspur. (Taped)			ACC All-Access		Best-Sports														
	CNN		Lou Dobbs Tonight			The Situation Room	Paula Zahn Now	Larry King Live		Anderson Cooper 360																
NEWS	FNC		Special Report (Live)			The Fox Report With Shepard Smith	The O'Reilly Factor (Live)	Hannity & Colmes (Live)		On the Record-Van Susteren		The O'Reilly Factor														
	MSNBC		The Abrams Report			Hardball	Countdown With Keith Olbermann	Rita Cosby Live & Direct		Scarborough Country		The Situation With Tucker Carlson														
	AMC		(5:30) ★ ★ ★ "Remo Williams: The Adventure Begins" (1985) Fred Ward.			★ ★ "The Dead Pool" (1988, Drama) Clint Eastwood. Premiere. 'R'		★ ★ ★ "Colors" (1988, Drama) Sean Penn, Robert Duvall. 'R'																		
MOVIES	TCM		★ ★ "Saturday's Children" (1940, Drama) John Garfield, Anne Shirley. 'NR'			★ ★ "Algiers" (1938) Charles Boyer. Premiere. 'NR'		(.45) ★ ★ "A Dispatch From Reuters" (1940) Edward G. Robinson. 'NR'																		
	HBO		"Walkout" (2006, Docudrama) Alexa Vega, Michael Peña. 'N' 'R'			★ ★ "Constantine" (2005, Fantasy) Keanu Reeves, Rachel Weisz. 'R' 'R'		Real Sports (N)		Big Love "Affair"																
	MAX		(5:00) ★ ★ "I, Robot" (2004) 'PG-13'			★ ★ "Protocols of Zion" (2005) Premiere. 'N' 'R'		★ ★ "Desert Saints" (2000) Kiefer Sutherland. 'R' 'R'		★ ★ "Tango & Cash" (1989, Drama) Sylvester Stallone. 'N' 'R'																
	SHOW		(.05) ★ ★ "Powder" (1995, Drama) Mary Steenburgen. iTV. 'PG-13'			★ ★ "Saw" (2004, Horror) Cary Elwes. iTV. 'R' 'R'		WEEDS Added		Weeds (iTV)		Weeds (iTV)		HUFF "Whipped Doggie" (iTV)												
	TMC		D2: Mighty D. (.25) ★ ★ "Sweet Justice" (1992) Marc Singer. 'R' 'R'			★ ★ "The Stepford Wives" (2004) Nicole Kidman. 'R'		(.45) ★ ★ "The Cookout" (2004) Ja Rule. 'PG-13'		(.15) ★ ★ "Dangerous Game" (1993)																
	STARZ!		(5:00) ★ ★ "Two if by Sea" (1996) 'R'			(6:50) ★ ★ "The Notebook" (2004, Romance) Ryan Reynolds. 'PG-13'		★ ★ ★ "Kung Fu Hustle" (2004) Stephen Chow. 'R' 'R'		(.45) ★ ★ "Liar Liar" (1997) Jim Carrey. 'PG-13'																
	ENCORE		(5:10) ★ ★ ★ "Michael" (1996, Drama) John Travolta. 'PG'			★ ★ ★ "13 Going on 30" (2004) Jennifer Garner. 'PG-13'		(.45) ★ ★ ★ "Friday Night Lights" (2004) Billy Bob Thornton. 'PG-13'																		

VOLUNTEERS NEEDED For Research Studies



Dependable healthy adults 18-50 years of age
Available to participate in an entire study
You will receive a free medical evaluation
Financial compensation provided

Contact: Toll Free

1 - 866 - 856 - 3259

www.ARMYSClinicalTrials.com



Walter Reed Army Institute of Research

ASTHMA?

**CLINICAL RESEARCH STUDY OF AN
 INVESTIGATIONAL MEDICATION.
 AGES 12 AND UP.
 MEDICAL EVALUATIONS PROVIDED.
 COMPENSATION FOR TIME AND TRAVEL.
 INTERESTED?**

PLEASE CALL: Kim at 301 962 1607
FREE PARKING AND METRO ACCESSIBLE



THE INSTITUTE FOR ASTHMA AND ALLERGY, P.C. | WHEATON, MARYLAND
 Martha White, MD, Michael Kaliner, MD, Athena Economides, MD, Henry Li, MD, PhD and Mark Scarupa, MD

Volunteer for Malaria Vaccine Trials

Be Part of the Prevention



Volunteers must:

- Be dependable, healthy men and women (not pregnant), aged 18-50 years.
- Have no previous exposure to malaria or previous involvement in any other malaria vaccine trial.
- Be available to participate in the entire study (up to one year).

Financial compensation provided.

Contact:

Walter Reed Army Institute of Research, Department of Immunology
 503 Robert Grant Avenue, Silver Spring, MD 20910
 301.319.9331 or 301.319.3121



Can't Stop Drinking?



ALCOHOL WITHDRAWAL CAUSING SHAKES & ANXIETY?

The National Institute on Alcohol Abuse and Alcoholism is studying the use of the medication Acamprosate for alcohol withdrawal. The study includes alcohol detox and a four-week inpatient alcohol treatment program at the NIH hospital in Bethesda, MD. For more information call:

(301) 496-1993

Deaf or hard of hearing? Call the Federal Relay Service at 1-800-877-8339

Depressed Again?

*If you have been depressed before
 and are now*

Depressed Again...



You may be eligible to participate in a research study. You must be between the ages of 18 and 65 and suffer from recurrent depression. Participants will receive investigational study-related medical care and lab work.

To learn more about this study, please call

CAPITAL CLINICAL RESEARCH ASSOCIATES

301-770-7375

RESEARCH OPPORTUNITIES
FOR
COCAINE USERS

If you currently use cocaine
and are interested in participating in
an inpatient drug research study sponsored
by the National Institutes of Health, and are:

Between 18–45 Years of Age

Call 1-866-750-2165 for more information

And to schedule a confidential screening interview to see if you qualify.

Studies will be conducted in the Clinical Pharmacology Unit
of a federal medical research facility in Bethesda, Maryland

ANXIOUS?

Do you feel embarrassed in social situations?

Do you avoid being the center of attention?

DuPont Clinical Research in Rockville, Maryland is
seeking people who have

Social Anxiety Disorder
(Social Phobia)

to participate in a clinical trial of an investigational
medicine. Compensation for time and travel up to \$500.

CALL OR E-MAIL TODAY

301-231-9011

dupontclinicalresearch.com

Hepatitis B Patient:

VOLUNTEERS WANTED FOR A RESEARCH STUDY

Do you have chronic hepatitis B?

You may be eligible to join a clinical study of an
investigational drug for hepatitis B.

Convenient, once-a-day oral dosing...
Screening and medical care...

REQUIREMENTS:

- 18 to 69 years of age
- Must not be co-infected with hepatitis C, hepatitis B, or HIV
- Must not be pregnant or breast feeding

Qualified participants will receive medical exams, laboratory tests and medical treatment related to the study. All patients will receive either the new investigational drug or an approved drug for hepatitis B. All study related visits and study drug are provided at no cost to eligible participants. If you are interested, please call:

METROPOLITAN RESEARCH,
16 Arlington Blvd. Suite 515, Fairfax, VA 22031
Call: Nancy Lee 703-698-9254 ext. 21

Healthy Adult
VOLUNTEERS NEEDED



HIV is a global epidemic. Currently, 42 million people worldwide are living with HIV/AIDS, a disease that has no cure. In 2003, 5 million people were newly infected with HIV, equaling about 14,000 infections each day. Approximately 11 of every 1000 adults aged 15 to 49 worldwide, are HIV infected.

The world is in desperate need of a vaccine for the prevention of HIV infection.

Will you help?

Walter Reed Army Institute of Research and the Henry Jackson Foundation for the Advancement of Military Medicine are currently enrolling volunteers to participate in a study to evaluate the safety of a new investigational HIV vaccine.

If you are a healthy US citizen between the ages of 18-49, are not currently in the US military and are available for 12 months, you may be qualified to participate in a study evaluating this vaccine.

This experimental vaccine does not cause HIV infection.

301-251-8351

Ask for Keisha or KaTrina

Drink Alcohol?

✓ *Drink daily or almost daily?*

✓ *Are between the ages of 21 and 45?*

You may be eligible to participate in a research study using Rimonabant at the National Institute on Alcohol Abuse and Alcoholism, one of the National Institutes of Health. If you qualify, you'll be compensated for your participation, which will include one overnight stay in the Clinical Center on the NIH campus in Bethesda, Maryland. For more information, call 301-496-7500.

All calls are confidential.



NIAAA



AFFORDABLE DENTAL PLAN

\$11.95/mo. Individual

\$19.95/mo. Entire Household

FREE Vision, Prescription & more

Call Ms. Perry - Broker @ 301-735-4966

Leave message or Visit

www.everyonebenefits.com/40272703

Adapt you.

"Personal Tech" can give you cool and
useful tools. **Mondays.**

express

X017e 1x1.5

Can exercise improve well-being for cancer survivors?

Participants needed for National Institutes of Health study

Why is the study being done?

To determine whether Tai Chi or indoor stationary cycling best helps cancer survivors improve fitness and well-being.

Who can join?

Cancer survivors between 18 and 60 years of age who completed treatment at least 2 years ago.

For more information call 1-800-441-1222.

National Center for Complementary and Alternative Medicine
National Institutes of Health
Department of Health and Human Services



Alcohol Problems?

- ☒ Between the ages of 21 and 65?
- ☒ Attention Deficit Disorder (ADD)?
- ☒ Want to quit drinking?

The National Institute on Alcohol Abuse and Alcoholism, one of the National Institutes of Health, needs persons with ADD who are also seeking treatment for alcohol problems. Participants will receive treatment (without charge) as part of a research study.



If you think you may qualify,
call 301-451-0689.

NIAAA



EXPRESS HEALTH

Copy Deadline

12 noon Thursday

5 days prior to publication

To advertise in Health Services
or learn more about the directory

call

Victoria Fleming

202-334-5759

Anne Jones

202-334-4060

FAX — 202-334-6724

Restless nights?

It could be restless legs.

Do you suffer from the urge to move your legs along with creeping, crawling, tingling sensations that tend to get worse towards evening? Do these symptoms tend to occur at least 3 times a week? Are you 18 years of older?

If so, you may qualify for the Rise and Shine clinical study researching a new investigational treatment for Restless Legs Syndrome (RLS).

There is no cost to you for participating and you will be compensated for your time and travel. Please call today. Instead of restless nights, you've got a chance to rise and shine.

Alexandria Fairfax Neurology
1-866-394-7365

Adapt you.

"Personal Tech" can give you cool and useful tools. **Mondays.**

express

X017e 1x1.75

NEED A LOAN?

Marianne Segura is a neighbor providing home and commercial mortgages with the highest levels of professionalism and service.

- **Local lender**
- **Hundreds of different loan programs**
- **Creative solutions to special financing needs**
- **Low closing costs**
- **Experience and knowledge**

For every closed loan, Marianne donates \$100 to the Center for Missing and Exploited Children.



Marianne Segura

(202) 439-5506

msegura@homefirstmortgage.com



207 S. Alfred St. • Alexandria, VA • 22314



LANDSCAPE DESIGN GRADUATE CERTIFICATE

GW K STREET CENTER

Landscape professionals are in demand. With its emphasis on small-scale landscape design, our program enjoys a strong reputation in the area's landscape and horticulture industry.

Convenient. Evening and weekend classes, downtown and in local gardens.

Transferable. May be applied to an MLA at Virginia Tech's Alexandria campus.

Information Session

Wednesday, April 19
6:30 pm

GW's Alexandria Graduate Education Center
1775-B Duke Street,
Alexandria, VA
Metro: Yellow or Blue Line to King Street

RSVP today!

202.973.1130
nearyou.gwu.edu/landscape

THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON DC

BRING US YOUR
AMBITION.

www.gwu.edu/gradinfo

GW is an equal opportunity/affirmative action institution certified to operate in VA by SCHEV.

31074

SPRING ALLERGY?

PLEASE VOLUNTEER FOR A RESEARCH
STUDY OF AN INVESTIGATIONAL
ALLERGY MEDICATION.

COMPENSATION PROVIDED
TO QUALIFIED PARTICIPANTS.

INTERESTED?

PLEASE CALL: Shelby AT 301 962 1609
FREE PARKING AND METRO ACCESSIBLE



THE INSTITUTE FOR ASTHMA AND ALLERGY, P.C. | WHEATON, MARYLAND
Martha White, MD, Michael Kaliner, MD, Athena Economides, MD, Henry Li, MD, PhD and Mark Scarupa, MD

express marketplace

Reach over 300,000 readers daily plus **SAVE 25%** by running your ad Monday through Friday

For Greater
Impact, Place
Your Ad
In Color!

JOBS • RENTALS • HOUSES • WHEELS • STUFF • AND MUCH MORE ...

TO PLACE A CLASSIFIED AD CALL

202-334-6200

HELP WANTED (JOBS) ADS CALL

202-334-4100

CREDIT CARDS ACCEPTED



JOBS

ACTIVISM

CAMPAIGN JOBS

ENVIRONMENTAL ACTION \$350-\$550/Week

- Stop air & water pollution
- Gain campaign exper.
- FT/PT Leadership positions available

Dupont Circle
Call Erin 202-797-9655

Administrative Assistant

Fiserv Health - Benesight is currently seeking an Administrative Assistant for our Fairfax, VA office. For a detailed job description and to apply for this position, go to www.fiservhealth.com click on Careers, and select Benesight. We promote a drug free environment and are committed to Diversity in the workplace.

Advertising \$\$\$

ADVERTISING ENTRY LEVEL

Natl. marketing firm has F/T entry-level openings. We have Mgmt. opportunities avail. Help execute promo campaigns for Sports Teams, Natl. Rest. Chains & Hotels. Learn Sales to Mgmt. PD TRAINING! 38K to 42K 1st yr. Call Sarah @ 703.288.3123. www.crcadvertising.com

Architecture

Architects-PM/PA/Intern

Arch Degree w/3-10yr exp. Familiar w/AutoCAD 2004. Full-time. Salary & Benefits. FAX resume to 301-608-0668

Auto

Cascades Goodyear opening soon in Sterling, VA. Seeking ASE Master Tech. Full benes & 401K. CALL Keith at 571-643-4706.

AUTO SALES

DARCARS

DARCARS, one of the regions fastest growing auto groups, is currently seeking motivated, customer friendly individuals eager to begin a lucrative career! **Experience is not necessary - we offer one of the industries best training programs!** Joining us entitles you to:

- Health Insurance & 401K
- Company Car
- Paid Vacation
- Over \$80K 1st yr earning potential!
- Rapid advancement into management

Apply in person, at DARCARS of Silver Spring - 12214 Cherry Hill Road, Silver Spring, MD 20904 (at the corner of Rt. 29 and Cherry Hill Road). Contact Shannon Ryan at 301-622-0020 or sryan@darcars.com for more info.

AUTOMOTIVE TECHNICIAN

Looking for a Change? Better Pay?

Our 5 star, triple A rated dealership has immediate opening for an experienced Technician. Chrysler experience preferred. We are a family owned dealership and offer great pay and benefits. For immediate consideration contact:

Mr. Appel 703-368-5300

Bricklayer

Experience necessary.
Must have own transportation.
Call 301-943-7987

CABINETMAKER'S APPRENTICE

For millwork company, Rockville. 1 year experience required. Call 301-231-2500.

CNA—Live-in, Care for Elderly in licenced facility. Must cook, 5 days; alternate weekends. \$475 to start. Please call 301-306-1444 or 301-306-9407

JOBS

COLLECTIONS

DOCUMENT COURIER

P/T serving court summons. Write your own pay-check. Sidney@legalpapers.net 410-823-4444xt 453

COMMUNICATION INSTALLERS

Communication cabling company seeks experienced and inexperienced installers of fiber voice and data cables. Also seeking experienced telecommunication MAC Techs. Call 703-729-2300 or fax resume to 703-724-1300 or email: qci@qci1.com.

CONSTRUCTION

Immediate opening for Plant Foreman/Operator. Mechanically inclined a plus. Call 866-288-5212

CONSTRUCTION

Immediate openings for CDL Class B Drivers. 1 position for a roll-off truck and 1 position for a CDL Pandem Tanker w/air brakes endorsement. Call 866-288-5212

CONSTRUCTION

Light and heavy Equip. Operators needed for local project. Must have reliable transportation and pass drug test. Call 703-639-1052

CONSTRUCTION

MARBLE & TILE SETTER—Must have own tools & transportation. Call Bruce, 301-916-3909

CONSTRUCTION—Now hiring long-term Superintendent, Foreman, & Laborers in Sterling, VA. Ability to speak Spanish a plus. For English call 703-998-6510 or for Spanish call 703-296-8172.

CONSTRUCTION

PRODUCTION ASSISTANT

Bethesda home builder is seeking a highly motivated team player to provide admin. support to the estimating dept. Prior related experience a plus. Email resume to: hr@meridianhomesinc.com

COOK & CASHIER—Exper'd, \$10.50-\$11.50 hr, DC Gov't Bldg. Cashier starts at 4:45 am. Must be able to pass extensive sec. criminal/credit bkgrnd chk. Call M-F between 10am-12pm, 202-874-6050

Counselors/Teachers

CAREER FAIR



Looking For A Summer Job? MD, DC, VA
Spend your summer at the YMCA!

Available positions:
JR. & SR. COUNSELORS
CAMP DIRECTORS
TEACHERS

Saturday April 15, 2006 9:30am-3:00

YMCA National Capital

1711 Rhode Island Ave. NW

Washington, DC 20011

Submit resumes to: nharrison@ymcadc.org

On-site Interviews

CUSTOMER SERVICE—FT/PT, for busy natural health care center. Mon-Sat, some positions until 7pm. Great benefits, great teamwork, hourly pay. Must apply in person: 4609-D Pinecrest Office Park Dr., Alexandria, VA 22312. 703-354-7336. Several positions available - act now!

DANCERS—Wanted for Gentleman's Club (PG County). \$300-\$500/night. No exp. needed. 240-286-3660 or 301-568-8500

Drive you.

"Cars" can put you in the right wheels. Wednesdays.

express

JOBS

DISPATCHER/OPERATIONS

When was the last time you enjoyed your work? Progressive. Stable. Growth. Arlington company in search of positive, sharp teammate, able to work independently. Excellent salary & benefits. Fax 703-525-1637 Michael or email: employment@fedlock.com

DRIVER—Bring your own car, pickup truck or van. Mid-Atlantic deliveries 24/7. Paid weekly. Call 301-495-0000.

DRIVER—BUS DRIVER. P/T 20-30 hrs/wk. Upto \$15/hr. AM/PM School run. CDL w/B/C class & P end. 202-636-9203

DRIVER

Courier Co in Beltsville, looking for PT Owner Operators w/ economical vehicles to make early morning small package deliveries in the MD, DC, & NOVA areas. Good earning potential. Call M-F only, 800-346-1512 x1

DRIVER/COURIER

Sil Spg to D.C. w/own car. Gas supplied. Pd holiday & vac. 301-384-8942/301-879-2433

DRIVER/DUMP TRUCK

Experienced CDL, \$17 per hr. Forestville, MD. Call 301-399-1111

Driver—earn \$600-800/week FT, \$9-14/hr PT. Deliver meals for Take Out Taxi. All shifts available. Must have own vehicle. Call 301-571-0111.

Driver—Fuel oil delivery driver. CDL w/X endorsement. Exp'd only. Contact Green Petroleum at 301-877-9060.

DRIVER—TRUCK. Exper'd Tractor Trailer Driver. Clean driving record. Walk in floor exper. Call 301-270-1112

Drivers

DRIVERS & HELPERS WANTED

We are looking for exp drivers. Must have standard transmission exp w/26ft box truck/ CDL pref'd but no req'd. Must have current MVR. We need prof. people to give our customers the BEST MOVE THEY EVER HAD. We offer pay rates starting at \$12/hr changing to \$14/hr. DC North 301-735-3700/

Editorial

hanleywood

Ideas to build on™

Hanley Wood & JP Morgan Partners join forces, making Hanley Wood an extraordinary company to work for. Hanley Wood, LLC is the premier media network serving North America's residential and commercial construction industries. Become part of the dynamic work force at Hanley Wood and explore new challenges in a fast-paced industry. We are currently recruiting for the following positions:

- Assistant Art Director, Big Builder
- Associate Editor, Big Builder
- Editorial Assistant, Big Builder
- Inside Sales Associate
- Seminar Events Coordinator
- Senior Developer
- Software Quality Assurance Engineer
- Supervisor - Network Operations

Qualified candidates will possess relevant work experience and/or a degree. For a detailed description of each position and instructions on how to apply, please visit www.hanleywood.com

Employee satisfaction is important to us, so we provide competitive compensation and an enjoyable workplace setting.

Hanley Wood

is proud to be an Equal Opportunity Employer.

ELECTRICIAN—No. Va. contractor hiring journeymen & apprentices with min 3 yrs exp for comm/ govt projects. Excellent pay. Fax resume: 703-753-3378.

Financial Service Analysis—PT/FT needed.

Will train, learn mortgage and more.

Call Steve 202-390-2668.

Drive you.

"Cars" can put you in the right wheels. Wednesdays.

express



"After lunch I was
drenched by
Dylan's squirt gun.
To say I was thrilled
doesn't even come close."

— Thom, Physical Therapist

Take kids from being patients...to being home

Everyone deserves a highlight in their day. Our highlights are different at The HSC Pediatric Center. They may involve being ambushed by a squirt gun toting five-year-old. That's remarkable. Because it demonstrates that weeks of hand therapy finally paid off in a major way...and that you are one step closer to giving your young patient the most precious gift of all: the ability to return home. That's what we are all about, as the Washington, DC area's only premier provider of rehabilitative and transitional care. It is care that changes kids, families, and caregivers.

Current opportunities include:

- Occupational Therapists
- Physical Therapists
- Respiratory Therapists (nights)
- Child Life Specialist
- Speech Therapist
- Project Coordinator/Medical Home Project

For details or to apply, please visit our Web site. Or contact us at:

**The HSC Pediatric Center, 1731
Bunker Hill Road, NE, Washington,
D.C. 20017. Fax: (202) 635-6121,
E-mail: trobenson@hospsc.org.**
Equal Opportunity Employer

hscpediatriccenter.org
THE HSC PEDIATRIC CENTER



THE HSC HEALTH CARE SYSTEM
Health Services for Children

Classifieds

JOBS

**FIRE ALARM TECHNICIAN/
HELPER**

College Park, MD. No experience necessary. Electrical background helpful. Will train to become certified fire alarm Technician. Benefits & 401K. Please call Chuck or Patrick at: 301-927-7300.

General Jobs**Travel agents needed.**

Work from home. No exp nec. Call 301-352-7330.

Home Health Aides**Right at Home**

Provide support for elderly and disabled adults in DC. Must have license or certification. Call 202-269-1883.

HOTEL**HILTON GARDEN INN**

We are now hiring for the following positions:

- Guest Service Agent
- Director of Sales
- Sales Coordinator

Please call HR office at 202-783-7800

HOTEL

Hospitality Temps has immediate work for exp:

- Hotel Room Attendants
- House Persons
- Janitorial Staff (5p.m. to 10 p.m. shift)
- Stand Attendants/Cashiers

Apply in person Tue thru Sat, 9a.m. to 2p.m. With police Clearance, 2 ID's, B/W, and reference to 600 PA Ave., SE, Rm 105 WDC

INSTALLER PART-TIME

Earn over \$25/Hr. installing mailboxes. Great Second Income. One of the Largest and Fastest Growing Companies in its Industry Seeking Mature-minded Indivs for DC & surrounding areas.

Flexible Schedule**Weekends OK**

Unltd Growth Potential
Presentable Pick-Up or Van And Basic Mechanical Skills Nec.
Call Diane, You've Got Mail
1-866-YGM-8300

INSURANCE CUSTOMER SERVICE/SALES—For Manassas, VA office. Must have P&C Lic and exper in insur industry. Job entails sales/service of personal lines. Bilingual pref. Fax resume: 703-361-5182

IT**SYSTEMS ADMINISTRATOR**

needed for data management, networking & as-sorted IT tasks in Mac environment, for fast-paced marijuana policy reform lobby. \$40-48K. See mpp.org/jobs.

LANDSCAPE DESIGNERS/SALES

Top pay.
Azalea Acres Nursery.
Call Mike 703-425-8900.

Landscape Groundsperson

Cemetery Groundsperson, assist in preparing garden area, landscaping, setting-up sites for burial, layouts, ground maintenance. Driver's lic. req'd. Previous exp. pref'd. Salary based on exp. Full benes. avail. Year round employment. Contact Tom or Charles 301-881-2151.

LEGAL SECRETARY

Downtown Law firm is seeking an experienced legal secretary with strong organizational & interpersonal skills. Must be open to being a personal assistant, able to handle scheduling of appointments, prompt, detail-oriented, flexible, and proficient with computers. Monday - Friday, 9 - 5:30pm. Great location & competitive salary. Please fax your resume to 202-785-1756, attn: Director of Administration.

Drive you.

"Cars" can put you in the right wheel. **Wednesdays**. **express**

LEGAL SECRETARY

Downtown Law firm is seeking an experienced legal secretary with strong organizational & interpersonal skills. Must be prompt, detail-oriented, flexible, and proficient with computers. Mon-Fri, 9-5:30pm. Great location & competitive salary. Please email your resume to maria.hankins@ppsv.com or fax to 202-785-1756, Attn: Maria Hankins.

LOCKSMITH

FedLock seeks ENTRY LEVEL (will train) & EXPER'D TECHS. Installation/service, access control, hardware, no auto, no on-call. Great oppty for personal/professional growth, exc salary/benes. Fax 703-525-1637 Attn Michael

MAINTENANCE—Apartment Complex. Several positions available. Flexible hours. Rockville/Gaithersburg. HVAC or Plumbing or Painting or General Maintenance. Call 301-270-8330

MARKETING

International PR company is growing again. Seeks 6 extroverts who like people, loud music Fashion, sports and are able to travel. M-F, 8-5, training provided to those who show potential. A Car is helpful but not needed. To start immediately. Call today for interview 703-212-7525

MEETING PLANNER/ACCOUNT MANAGER

Communications Firm seeks highly motivated person to act as client liaison supporting all aspects of conference management and communication programs. Position will entail account management, budget, logistical, and job tracking. Bachelor's Degree; pref. 3+ years experience. Email cover letter & resume to: hr@thehillgroup.com

OPTICIAN

Ophthal. office needs licensed opt with bench exp. as well as dispensing end sales, excellent benefits & Salary. Rock/GD area. Please fax resume to: 301-881-2945.

PEST CONTROL TECH

Experience required.

Call 301-779-5800

PHYSICAL THERAPISTS

Interviewing for new Outpatient Orthopedic P.T. facility in Chevy Chase, MD. F/T or P/T Orthopedic P.T. MD lic. Top salary. Fully paid benefits. Flex schedule. Incentives. email resume to: roddapt@comcast.net
Fax: 301-320-2517

PHYSICIANS ASSISTANTS

Needed FT/PT for busy Fredericksburg urgent care facility. Malpractice covered. Benefits package including 401K. FAX resume to: 540-786-3195.

PRINTING—Chantilly Printer seeks motivated production person lknng to grow w/ sml print shop. Some comp skills req'd. Duties: Blk/Wht. & color reprod, mailings, desire to learn. Tom, 703-378-3500

Printing/Field Service Technician

To repair bindery equipment. Electronic background required. Car needed. salary + benefits.
Fax resume to 703-524-1704

Property Management**GENERAL MANAGER**

Needed for upscale Dupont condominium. Must have previous building management exper. Must be skilled with computers. Position is 40 hrs/wk. FAX resume to: 301-468-0983 for consideration.

REAL ESTATE**PROJECT COORDINATOR**

Bethesda home builder is seeking an individual to assist clients w/ selection process. Must be organized, detail oriented, & have excellent communication & PC skills. Prior experience/design eye a plus. Email resume to: hr@meridianhomesinc.com

RECEPTIONIST

Doctors office in Mt Vernon/Springfield area. No exper necessary, will train. Fax resume & salary requirements to 703-922-5518

Receptionist

40 hrs/wk for 3 mos. With potential for permanent position. Taking messages, directing calls, assigning walk-in customers to sales staff. Some computer skills pref'd. Sales based on exp. Tom Ward 301-881-2151.

RESTAURANT

Army Navy Country Club has several seasonal openings in our Fairfax location. For Beverage Cart Attendants, Servers & Prep Cook. To apply Tuesday - Friday, 9 - 5 at 3315 Old Lee Highway, Fairfax, VA. No Phone Calls.

Restaurant

Business is good! We are seeking talented & enthusiastic people for **Servers & Line Cooks**.

Looking for exp FT **Host/Maitre'd** able to handle high-vol. door & help build clientele. Pay commens. w/exp. **Apply 2-5, M-F: 600 13th St NW, Wash. DC**

Restaurant**CAREER FAIR****BLUE DUCK TAVERN**

Wednesday, April 12
7:30 am - 7:30 pm

Join the new contemporary neighborhood tavern. From Servers to Cooks to Managers, a wide range of opportunities available.

To interview, please apply at
www.joinparkhyattwashington.com

24 & M Streets, NW,
AA/EOE/DFWP/M/F/D/V

Restaurant**SERVERS/HOSTS NEEDED**

Elephant and Castle Pub and Restaurant is hiring. We are an authentic English Pub known for fish and chips, great beer and timeless Pub comfort.

High volume, patio seating and great location

Apply in Person

1201 Pennsylvania Ave., NW

ROOFER**Metal-Roofing Mechanic**

Skilled and experienced in laying out & installing flat-seam & standing-seam copper roofing. imed position w/ benefits. 301-585-4985 ext 18.

SALES**POHANKA**

**Change Your Life
Not Just Your Job!**

Join us now, get trained & make \$4K-\$6K per month.

We Offer:

- Potential signing bonus
- Paid training
- Full benefits package

If you're looking for the ability to put your ideas to work, we're the company for you!

Candidates must:

- Have a Valid Drivers License
- Be at least 21 years or older
- Be able to work long hours
- Must have a neat appearance
- Have very good communication skills

Call us today for an interview
Pohanka Automotive Group-Temple Hills, Maryland.
301-423-1100

SALES**Account Management at****The Washington Post**

Seeking: **Bilingual (English/Spanish), outside sales rep** to sell **automotive print advertising**. Cold calling/account growth/consultative sales. For the experienced account manager with proven sales presentation, closing, and marketing skills.

For more information: www.washingtonjobs.com

Send resume to:
The Washington Post
Human Resources
Attn: HR/Auto Exp/JT
1150 15th Street, NW
Washington, DC 20071
Talentsearch@washpost.com

We are committed to diversity & promote a drug-free environment.

SALES**Are You Earning \$3500
Weekly?
Our Top Reps Are!**

- 5-10 pre-qualified & confirmed appts/wk.
- Generous commissions & bonus paid weekly
- Comprehensive certified training
- Top Producing Processing Department
- Health, dental & life insurance paid by employer

Sales Pros, F&I Managers, Top Producers, Limited Opportunities!

American Mortgage & Investment Corp. CALL
301-883-8881, ext 107
Fax: 301-883-2157
careers@gotoami.com

SALES

Construction staffing company employing skilled personnel is seeking an ambitious sales rep. Fantastic financial potential. Base salary + weekly commissions + full benefits. Fax resume to: 703-639-1057 or call 866-288-5212

Sales

Earn up to \$70K. Looking for experienced Sales people at Park Lawn Cemetery. 301-910-1118.

Sales— Earn up to \$80K. Must speak Chinese or Korean or Russian. We invite you to join our international team at Park Lawn Cemetery. 301-910-1118.

SALES**Inside Sales/Business Development at****The Washington Post**

Open territory. Exciting incentive opportunity! Seeking: Sales hunter to prospect, generate leads, cold call and close new business. Sell employment ads through phone sales to employers across all industries. Requires cold calling and closing expertise. Great team environment and employment benefits!

For more information:

www.washingtonjobs.com

Send resume to:
The Washington Post
Human Resources
Attn: HR/MM Exp/JT
1150 15th Street, NW
Washington, DC 20071
Talentsearch@washpost.com

We are committed to diversity & promote a drug-free environment.

SECURITY OFFICERS****\$400 Sign on Bonus****

FT nights/wkends pos. Paid training, and benefits. Call Amber at Security Associates. 703-257-0292. Own vehicle a must.

SPEECH PATHOLOGY AIDE

F/T position for the 2006/2007 school yr to support vibrant Speech Pathology dept. Working with children with language based learning disabilities. Enthusiastic applicants with Bachelors in Speech-Language Pathology and/or related field needed. Excellent opportunity for on-site learning. Interviewing now. Fax resume to Lissa at 202-454-2293 at The Lab School of Washington.

Swimming

Army Navy Country Club has several positions available for lifeguards. We are looking for highly energetic & enthusiastic individuals. To apply please CALL 703-521-6800 leave a message at ext. 1254. Or Email peter.karl@ancc.org

TEACHER & AID

Must have CDA and love children.
Contact Mrs. Lula S. Barnes, Director at
202-234-4291

Telemarketer/Confirmers

\$10-\$15/HOUR UP TO \$30/HR in BONUSES Health, Life & Dental Paid by Employer FT/PT (.) CALL MR. JAMES: 301-883-8881, ext 120 Fax resume: 301-883-2157



NOW HIRING

(For All DC Locations)

- General Managers
- Assistant Managers
- Hourly Managers
- Lead Associates
- Certified Trainers
- Sandwich Makers
- Cashiers

Manager & Associate Hiring Event

1900 L Street, Washington, DC 20036

Monday, April 10th • Wednesday, April 12th

Friday, April 14th

9am to 11am & 3pm to 5pm

www.potbelly.com

Paid Training. Unlimited Potential. When do I start?

CoStar Research Associates, once hired, are trained and launched on a great career with almost unlimited opportunities. You can do it too!

CoStar Group, Inc. is the leading provider of information services to the Commercial Real Estate industry. Our products offer customers access via the Internet to the most comprehensive database of commercial real estate information on over 50 US markets and the UK.

CoStar is seeking potential Research Associates with:

A strong desire to advance • Bachelor's degree or relevant work experience
• Excellent telephone and communication skills • Ability to build long-distance client relationships with ease

We offer:

Base salary (\$30's) with incentive opportunities • 401(k) plan with company match • Diverse growth opportunities • Comprehensive medical and dental plan • Metro and parking subsidy program at Bethesda, MD location • Free parking at our new Columbia, MD location • A business casual environment with a fun bunch of people

Equal Opportunity Employer m/f/d/v. Drug-free workplace.

We're growing fast! Check us out and apply online at:

www.costarjobs.com/careers



Classifieds

JOBS

SECURITY

Army Navy Country Club has a F/T & P/T position avail. for a security guard. Must have a min of 3 yrs exp. Must be able to work flex. schedule incl'g wknds, holidays & eve's. Applications will be accepted Tuesday - Friday from 9 - 5 at 1700 Army Navy Dr. Arlington, VA. No Phone Calls.

Security Guards—PT on-call Sec Grds needed for special events. Clean backgrd, drug free. Must be 21. Weekly pay. Fax res to: 301-265-9866, on-line app www.pssvc.com, or apply in person 1050 17th St NW suite 600 Wash, DC. 20036 Between 9AM-4PM. **Security Officer**

Immediate openings, experienced Unarmed Security Officers. Looking for experienced SO's to work in an office building complex in NW DC. Must have reliable transportation, good credit history, good communication skills and a stable work history with no criminal convictions. Starting pay is \$11-\$11.25/hr. We also offer Aetna health insurance, performance awards and 401K. **\$100 Signing Bonus for SO's currently possessing an unarmed DC guard sec. license and having 2yrs sec experience.** To apply if you possess a DC sec. Lic. call 202-558-3546. All others apply on line at sfi.apponline.com

Telemarketers Needed
For a DC Location. Metro accessible. 32 hrs/wk morning or afternoon. Good hourly rate. Must have at least 1-2 yrs experience. Contact Mike Cummings at 202-835-0190 or email your resume to: cummings@tass1.com

TRAVEL AGENT
\$65K-\$95K Potentials
Training & licensing. 301-396-3200

Veterinary—Crosspointe Animal Hospital seeking a Technician, Assistant, & Receptionist. Competitive salary, benefits, & flexible hrs offered.
703-690-6600 (P), 703-690-7487 (F)

VETERINARY TECHNICIAN/TECH ASST

FT, PT for a Specialty Hosp in So. MD.
www.vetmash.com or fax 301-855-9106.

WAREHOUSE
Packers needed immediately, Upper Marlboro. If you have your own transportation we have a job waiting for you. Apply Mon or Tues. 9am-3pm Steady Staff, 312 Marshall Ave., Suite 106, Laurel, MD 20707; ph: 301-362-3081

CAREER TRAINING AND
EMPLOYMENT SERVICES

A Bar Career

In 1-2 Weeks
• Days, Evenings & Weekend Classes
• Free Lifetime Personalized Job Placement
• Approved by the State of MD
• National Alcohol Awareness Certificate (T.I.P.S.)
Call for nearest location 1-866-411-2MIX
www.authenticbartending.com

Computer Classes Start Now!
A+, PC Repair, PC Basics, Office XP, Networking
Windows, QuickBooks, Wheaton Metro 301-576-5810

AOS DEGREE
in HEALTH SERVICES
ADMINISTRATION

(In just 16 months!)

includes
BILLING & CODING
(in just 7 months!)

- ✓ Financial Aid If You Qualify
- ✓ Job Placement Assistance



1(888)478-0441

Drive you.

"Cars" can put you in the right wheels.
Wednesdays.

express

Drive you.

"Cars" can put you in the right wheels. Wednesdays.
express

Microsoft
CERTIFIEDDesktop Support
TechnicianOnly \$999
www.rutrained.com

Learn all 5 applications
Only \$399
www.rebellconsulting.com
Day/Eve/Wknds

MCDST Call 301.705.5522
Microsoft Office Call 301.459.4920

Quality First Training Center
is your way to a new career. Classes start soon. Call 301-270-5105.

Phlebotomy-10 week Program
CNA 4 week Program. CPR-6 hrs. 6475
New Hampshire Ave, Ste. 501, Hyatts, MD. 20783. Job placement assistance. Day/Eves classes. Apprvd by State of Md Board of Nursing & Md. Higher Educ. Comm. www.qfmi.com



Opening Doors, Changing Lives
Begin Your Success Today
Call: 866.970.8484

Medical - Dental - Pharmacy - Allied Health Technology
Degree & Diploma Programs - Day & Evening Classes



Arlington, Alexandria, Manassas
Financial Aid For Those Who Qualify
Job Placement Assistance
Programs vary by campus

Visit Our Website: www.actcollege.edu

GET THE SKILLS EMPLOYERS
WANT IN AS LITTLE AS
6 MONTHS!



Medical Office Assistant

- Medical Coder
- Medical Biller
- Medical Receptionist
- Medical Claims Adjuster
- Medical Insurance Processor



Office Administration

- Administrative Assistant
- Receptionist
- Customer Service
- Accounting Assistant
- Accounts Payable & Receivable

* Financial Aid Available If Qualified * Placement Assistance Available



202-467-4223
2131 K St. NW
Btw. 21st & 22nd St.

TRAIN FOR A CAREER IN
CRIMINAL JUSTICE AT
PARKS COLLEGE

No high school diploma or GED?
We have options!

Tysons Corner Campus
1430 Spring Hill Road, Suite 200
McLean, VA 22102

Arlington Campus
801 N Quincy, Suite 500
Arlington, VA 22203

CALL: 866-698-9973
Adkey NPEX625G

Drive you.

"Cars" can put you in the right wheels. Wednesdays.
express

Drive you.

"Cars" can put you in the right wheels. Wednesdays. express

TRAIN TO BECOME A
SECURITY SPECIALIST
AT PARKS COLLEGE

Graduate in less time than you think!

Tysons Corner Campus
1430 Spring Hill Rd, Suite 200
McLean, VA 22102

Arlington Campus
801 N Quincy, Suite 500
Arlington, VA 22203

CALL: 866-300-9344
Adkey NPEX625E

TRAIN TO BECOME A
MEDICAL ASSISTANT AT
PARKS COLLEGE

No high school diploma or GED?
We have options!

Tysons Corner Campus
1430 Spring Hill Road, Suite 200
McLean, VA 22102

Arlington Campus
801 N Quincy, Suite 500
Arlington, VA 22203

CALL: 866-300-9340
Adkey NPEX625F

BUSINESS AND
FINANCIAL OPPORTUNITIES

\$200,000 — Person to Purchase prop w/current tenant. 5 mi S. of Gettysburg. 9.73 ac across from Golf Course. 1 horse possible. Could be vac or perm home. Your name will on purch deed. 717-359-7399

CASH PARTNERS NEEDED—Earn 12% interest + on investment secured by commercial apt building. Min investment-\$50K 1-888-FOR-1218

DELIVERING REFUNDS—Nat'l recognized biz service firm seeks Partners to help business owners recover overpaid taxes & expenses. Investment req. Call Patrick, 202-828-1294 www.ubsgrp.com

LAUNDROMAT & GIFT SHOP- \$225K—for sale in the heart of Falls Church. 15+ yrs lease. Newer machines. Prime location. Can extend to check cashing, gift shop, or more. Call Mr. Haq, 703-906-9300

MAKE UP TO \$2,000/DAY—Help people save 25-50 cents/gal for gas. More info call Raymin @ 571-239-2780 or go to FuelMileageBooster.com

REAL ESTATE INVESTMENT SEMINAR—call for addit. info 301-367-1218

STUFF

3 COMMERCIAL TANNING BEDS—32 W Bulbs, with face tanner, good condition, \$2000 ea. 717-597-5099

8PC-Cherry sleigh bed set, new boxes, \$595-val \$1100. 3/343-8630.

ALL SPRING SALE

Great Bargains All Spring!

New PCs from \$399. Used PCs from \$99.
Laptops from \$299. MACS from \$199.
Trade in your PC or MAC for something newer.
We also do full-service and repair.

Practical Computer 703-321-3003

*****BAD/NEGATIVE CREDIT**
Remove from Credit Report
Call 202-775-6932

BD \$120—Full matt set Brand new in manuf plastic Can dlvr 301-343-8630

BD- \$120 Full sz set, new in plastic w/warr. Can dlvr 703-263-7888

BD \$135 Queen pillowtop set new in plastic. Can del 703-378-8866

BD \$140 Qn Double pillowtop matt set new in plastic Can del 301-399-7870

BD \$225 Double pillowtop king matt set New in plastic Can del 301-343-8630

BD—\$230/King Dbl Pillowtop Set new/plastic, can dlvr. 703-263-7888

BEDS

Used in Great Condition
TWIN SETS -- QUEEN SETS
KING SETS -- FROM \$129

MD 301.324.8684 301.468.6443

BALTIMORE 410.719.6922

VA 703.818.2678 703.354.2600

CORT FURNITURE

CANON COPIER-USED/NEW

Local Canon Dealer

wants to reduce inventory

30-50% OFF. Call 703-913-5510

CARPET—Starting at \$1.59/s.f. Hardwood floors, \$6.99/s.f. Price includes installation. 301-341-2499.

COMMERCIAL MOWER-BOB CAT ZTR—52" Cut, 18 HP, 165hrs, asking \$4500/OBO. 703-777-5213

Couch+Inseat microfibre.New/boxed \$475-worth \$1100 3/343-8630.

DOORS/UL LABELF—Fire Code Decorative, All sizes, \$139.50 ea. 301-350-4848

E-BAY SELLER SERVICE

Reliable and Reasonable.

We do all the work! Call Joe or David
301-595-3001 202-494-5023.

Looking for poker players—\$00 Play poker locally on dcpokerroom.com. Qualify for a spot at the WSOP 2006.

MATTRESS SALE—Ige selection, all szs in plastic, \$80-\$280/Basic, Serta & Simmons. Make ofr Credit cards accepted. Warr. DC/MD/VA Same Day Delivery avl. A.J. 301-674-2843 www.mattress4less.biz

NW— DC Sat & wknds ONLY! 10-5, bhnd Giant Foods, 3460 14th St NW, 4,000 Sq ft of stuff: tools, bldg mat., plmng, htg, elec, HVAC, drs, plywood, wind., studs, trim, etc. Everything Must Go!, 202-363-5253

PIANO—Cable consulet, dark wood finish, good conditon, Value \$1400 asking \$950 call 301-751-0536

TICKETS

BILLY JOEL

1ST 9 ROWS

ORIOLES * NAT'S

703-255-3010

www.plattix.com

NATIONALS—Sect 217, 15 rows from field, 4 tickets w/prkg, 2-20game pkgs, take one wk night w/1 wknd/holiday. Call 202-438-4026 or 202-363-3210

NATIONALS*WIZARDS*CAPITALS
BUFFETT*MCGRW*PEARL JAM
301-985-6250

www.greatseats.com

REDSKINS TICKETS—2 Club seats, incl. parking pass, \$575 for pair. 609-586-4208

World Series Of Poker tickets are available
—WSOP entrys are given away on dcpokerroom.com. Daily tournaments.
dcpokerroom.com

PETS

2 female AKC Chihuahua puppies—8 wks, \$899 each. Visit tinytinchy.acistek.com for live video/picture. Call Daniel at 703-934-1268

ADOPT A CAT/KITTEN **VET CHECKED**
Call Feline Foundation.

703-920-8665 www.ffgw.org

African Gray & Or-Wing Amzon—W/cages \$1,000 ea. Exc talk travl, fit, 3 tier cage 703-257-1081

AMERICAN BULL DOG PUPS—4 females/1 male, 8wks, ARF reg. Shots & wormed \$600. Call 202-627-9234.

AUSTRALIAN SHEPARD PUP—AKC health guarantee, great companion ready now. \$400 up. 301-271-2258

GERM SHEP PUPS/AKC REG—14 wks, Blk, \$350. Will dlvr. to Balto/DC area. 304-754-5962

GERMAN SHEPRD PUPPIES—AKC shots.parents onsite Champ bloodline 703-389-9668

GOLDEN RETRIEVER PUPS—AKC, 8 Ms, 3 Fs, \$550 ea. 2 year guaranteed. 814-448-3792

Jack Russell Puppies—short hair, white w/facial markings, 1st shots & wormed 540-727-8702 www.jackrussellpuppies.net

LAB PUPS—AKC. Champion lines. Yellow/Blk. 1st shot, worm, health cert. Ready! 410-643-7123

PIGEONS IRANIAN HIGH FLYERS—\$50/BIRD FIRM. CALL 301-824-2471

PUG PUPPIES—AKC Fawn, S&W. Adorable, very friendly, health guar. \$500. 804-694-0575

ROTTWEILER GERMAN PUPS—Bred to be oversized, kidsafe w/ 2yr hip/genetic health guar + 10 day money back warranty. MC/VI 703-867-1881 BigDogKennel.com

ROTTWEILER RESCUE—At PetSmart in Germantown, in the Milestone Shpg Ctr. Sat. 4/15, 2-5PM. Dir: 301-916-2029

T.B. GELDING—9yr old, 16.3H, beaut. Bay, 100% sound, started over fences, W/T/C, moving, sadly must sell. \$3500. 240-674-4283

EQUAL HOUSING
OPPORTUNITY

All advertisements for the sale or rental of dwelling units published in Express are subject to the federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status or national origin, or intention to make any such preference, limitation, or discrimination." State law forbids discrimination based on factors in addition to those protected under federal law.

Express will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.



Classifieds

RENTALS

ADAMS MORGAN Efficacies & 1BRs.

\$985-\$1225. Hdwd flrs, AC, DW, W/D. Mins fr Woodley Pk Metro! Utills incl. **301-292-6905**
ADELPHI—Presidential Towers. 3BR, 2BA condo, next to the Beltway. \$1400 incl utls. 301-537-8431
ALEX—1 car grg 3 lv 3BR 3FBA 1HBA beaut. TH. Built in 2000, close to Pentagon, Regan Nat'l Airport, & Wash. DC. \$2295/mo 3911 A Elbert Ave Call Aziz 571-331-2222 OR 703-395-9566

Alex/Kingstowne—Multi-lvl unit w/2 BR, 2 BA. Gar, \$1490. www.sitede zignz.com/condo. 804-398-8525
ALEX—nice 2-BR apt. 1 blk from Metro, \$500 bonus. \$1400/mo. 703-928-3490 or 703-644-1404

Alexandria City/Rt 1

Highrise, Garden Apts & Twnhms
 Numerous Amenities!

***SPECIAL**
Move-in by 5/1/06
\$275 Move-in Credit
4th Mo Rent 1/2 Credit

Carydale East 703-751-7576
 *Holly Court 703-765-7039
 *Rolling Hills 703-780-0161
 *Carydale Village 703-780-6244
 *Washington Avenue 703-765-7039

www.carydale.com

Alexandria EHO

RENT SPECIALS!

Call for details

Breathtaking 1 & 2 BR

Apartment Homes From \$999

ParcView Apartments

703-485-4148

M-F 8-5; Sat 10-5; Sun 12-5

*Restrictions Apply, Call for details

ALEXANDRIA FOXCHASE

ALEXANDRIA'S FINEST-LOADED W/AMENITIES.

CALL TODAY 888-296-0863

www.foxchaseapts.com

AIMCO EHO

ALEXANDRIA, VA EHO

KINGS GARDEN

• Walk to Schools, shopping, and Huntington Metro

• Floor to ceiling windows

• Walk-in Closets

• Balconies or Patios

877-317-0279

6300 South Kings Hwy

Anacostia EHO

Section 8 welcome

Large 5 Bedroom located in Anacostia

• 5 brd. 1.5BA

• Large Country Kitchen

• washer and drier

• New wall to wall Carpet

• 4 blocks from Metro

• Available in May

Call 301.455.4850

ANNADALE EHO

The Parlments

Right off the Beltway!

• Rents from \$930 inc utls

• Park-like setting

• Wall-to-wall carpet

• Enourmous Balconies

• Huge living rooms

• Minutes to metro

877-316-6297

ANNADALE—5BR/3BA, Lg ½-acre yd hse for rent.

Mins to 495. Please call for info 703-786-1271.

ARL N—Wlk distance to EFC Metro, 3BR +

BR/Study, 3½BA, lge E-I chef's kitc, fully equip pantry

w/extra refrig/freezer, din rm, liv rm w/fpl, sitting

rm, 2 W/Ds, tons of closet/storage, beaut renov

w/wrap-around porch, gorg setting, yard work incl

in rent. \$3100 + utls. No pets.

OPEN SUN. 10am-4pm. **2511 N. Potomac St.**

Call 703-615-2315 or 703-534-4465.

ARL N—walking distance to Metro & shopping.

Close to Key Bridge & Rt. 66. 2 BR's, \$1350, all utls &

prkg incl. 1 year lse. No dogs. 703-527-1991

www.fortstrongapartments.com

ARL/BALLSTON/GMU LAW

METRO 1 block, Furn. effc., pvt. pkg., catv. \$895+.

703-528-3298

ARL/BALLSTON—3 LVL TH. 4BR 3½BA. 1 car gar

w/2 assigned pkg spaces. \$3300/mo. 703-898-7207

ARL NO.—House, cute bungalow, close to D.C., 2BR, 1BA, unfin walkout bsmt., W/D, large yard, no pets/nsmkg. \$1950. Call Kim, 703-675-5557.

ARL/River Place—Effcy avail 6/1 Amenitiess incld: walk to metro, pool, health club. Utills incld. \$975/mo. Call Matt @ Townside Partners 301-352-6740

Arlington/Rosslyn Several Locations

SPECIAL: MOVE IN BY 5/1/06

& GET 4TH MONTH FREE!

On-Site Parking, Walk Metro

Upgraded Apts, 1&2BRs

703-671-4045 or 703-861-7605

www.carydale.com

AUBURN VILLAGE—Lg 1BR condo, mny closets,

CAC, Nr Cryst. City & Old Town. \$1,000.

703-548-7311

Bailey's Crossroads \$1350—1BR Condo 1043sf

(703) 820-1649

Baltimore-s/w \$850

Apt 2bedrm util incl

house 1 bed w basement util incl

240-462-3208

BELTSVILLE \$2300/MO

4513 BROAD BLVD

3BR 1BA upstairs; 2BR, kitchen & 1BA downstairs.

In-law suite. Call Aaron Hargrove 202-438-0701 for

questions RE Execs 2000.

BELTSVILLE—2BR, 1½BA Condo. Utills incl.

\$1250. 301-335-7055

BELTSVILLE—5BR 3½BA brick 3lv SFH w/2-car gar,

fin w-o bsmt, 2 kitchens, jacuzzi tub, deck, WW

carpet, hdwd flrs, large yard & more.

\$2,750/mo. **703-642-1298/362-1124**

Beltville

LIGHTHOUSE@TWIN LAKES

Great Location, Amenities

and Service! Pets Welcome

1-888-604-5684

www.aimco.com/025031

BETH/CH CH—Newly remod. 1BRs from \$1295 avl

immed. Incl. utls & parking. Near Metro. Walking

distance to Bethesda Row shops & restaurants. No

pets. **301-656-7626**

BETHESDA—Brand New state-of-the apartment

homes with all the luxury amenities you've been

looking for. Studio, 1BR, 1BR/den, 2BRs

FREE CABLE & HI-SPEED INTERNET

ROSEDALE PARK

420 Rosedale Avenue 301-657-4800

BOWIE \$1550/mo

Spac. 2 lv 3BR 1½BA TH. new applncs. Berber

carpet. eat-in kitchen. w/d & more. Call Rhonda,

301-996-1527, C-21 Trademark

Bowie—3 BR, 3 BA, 3 lv TH w/bsmt & deck \$1975-

703-304-5540

BOWIE—Lovely 3BR SFH, 1.5BA, lg yard, on busline.

\$1800. 301-249-6474

CAMP SPRINGS—Open House. Glamorous, huge

brand new 3BR TH, very close to Branch Ave. Metro,

FR, lib, FP, RR, 2½BA, 2 resv pkg spac, W/D, crnr unit,

across from Planned Camp Springs Twn Ctr. Visit

Sat. 4/15 at 4220 Mill Edge Blvd., 10-2pm. For more

info call Nia, 202-262-7746 or Barbara,

301-442-3655, price \$2400/mthly.

CAMP SPRINGS—Rental, 4BR, 3BA, near metro

rent/option \$2,000/mo. 301-839-5517

CAP HGTS—4BR hse., close to public transp.

\$1500/mo. Sect 8 welcome. Contact 301-346-6422.

CAP HGTS—Lrg 3BR 2FBA TH w/two 1/2 BAs, fin

bsmt, 1 car gar, conv to Addison Rd. metro,

\$1600/mo +util. Avail now Contact Shirley Williams

240-508-8405

CAP HILL—Open 12-2 Saturday/Sunday April 8-9 &

15-16. 633 B Orleans Plc NE. Renov 2BR, 1BA, W/D,

new kitchen, new BA. \$1200/mo. 202-421-5344

CAPITOL HGTS—Renov 3BR, 1½BA, 2-Lvl TH,

\$1350/mo. 301-996-2054.

CHEVY CHASE—4BR, 2½BA, w/bsmt, \$2,250/mo.

Very good loc. Nr E/W & Conn Ave, 5 mins to dntwn

Bethesda. Call Mirian, 301-503-6696

CHEVY CHASE, DC \$2250/mo

NW/5406 Connecticut Ave #108

2BR + den. completely renov. Walk to Metro &

shops. Parking & Utills incl! Call 202-431-5884

CHEVY CHASE/UPPER CONN AVE.—Lg 1BR apt

815. Avail end month. Contact The Kenmore

202-363-8000.

Drive you.

"Cars" can put you in the right wheels. Wednesdays. express

Children's Hospital Area

ONE MONTH FREE*

Spacious 1 & 2 BR Floorplans

WALK TO METRO

W/D & Microwave in every apt.

THE HEIGHTS 1-888-333-5578

*select apts. call for details

Children's Hospital Area

DISCOVER THE BEST IN DOWNTOWN LIVING!

*****ONE MONTH FREE*****

Walk to Brookland Metro, Deli/Market & Services

HUGE 1,2 & 3 BR FLOORPLANS

THE CLOISTERS 888-287-2716

CLARENDON/\$3300/m—Spacious 3BR, 3.5BA TH,

2 decks, hdwd flr, ss kit appl, w/d, 2car gar, 2.5 blks

to Metro. 703-822-5067.

Cleveland Park/Baughan Place Condo—Incredi-

ble new 2 BR, 2 FBA apt. Located mins to public

transp, shops, restaurant & metro. LR/DR combo,

granite kit, ss appls, DW, W/D, CAC, lots of closets,

hdwd flrs. Just of Wisconsin. 3401 38th St. N.W. Avail

immed. \$2500+ utills. Call 301-984-2234 or

240-671-9931

CLINTON—\$1995. 3-BR 2-BA w/fin. bsmt. Call Kevin

202-327-0546

CLINTON—3BR 2BA SFH. Large yard. Must see. Avl

6/1. OPEN HOUSE 4/16, 1-4. No Credit Check. Call

240-643-1145

CLINTON—Rental, 5BR, 5.5 BA, rent/

option \$3300/mo 301-839-5517

COLLEGE PARK EHO

UNIVERSITY GARDENS

Great for Students!

• HUGE BALCONIES

• Spacious closets

• 2 swimming pools

• Shuttle bus to UMD in community

• Small pets okay!

877-316-6285

1801 Jasmin Terr, Adelphi

Congress HEIGHTS—Beautiful 4BR, 1FBA/2HBA

detached HOME. Newly Renovated. Walk metro.

Sec 8 OK. 202-365-3648

DEANWOOD/NE—2BR apt. nr Metro & Bus. \$800+

electric. 202-882-5921

DISTRESS SALE, BANK FORECLOSURE

Visit www.free4closurelist.com

Drive you.

"Cars" can put you in the right wheels. Wednesdays. express

Drive you.

"Cars" can put you in the right wheels. Wednesdays. express

Drive you.

"Cars" can put you in the right wheels. Wednesdays. express

Drive you.

"Cars" can put you in the right wheels. Wednesdays. express

Drive you.

"Cars" can put you in the right wheels. Wednesdays. express

Drive you.

"Cars" can put you in the right wheels. Wednesdays. express

Drive you.

"Cars" can put you in the right wheels. Wednesdays. express

Drive you.

"Cars" can put you in the right wheels. Wednesdays. express

Drive you.

"Cars" can put you in the right wheels. Wednesdays. express

Drive you.

"Cars" can put you in the right wheels. Wednesdays. express

Drive you.

"Cars" can put you in the right wheels. Wednesdays. express

Drive you.

"Cars" can put you in the right wheels. Wednesdays. express

Drive you.

"Cars" can put you in the right wheels. Wednesdays. express

Drive you.

"Cars" can put you in the right wheels. Wednesdays. express

Drive you.

"Cars" can put you in the right wheels. Wednesdays. express

Classifieds

RENTALS

LANHAM

Spacious 3BR Town house rent \$1500/mo. call 301-674-8376

LARGO—\$1500/mo. Lrg 1st fl 2BR, 2BA condo unit. Soaking tub,fp laundry rm,patio & parking. Call 888-402-7770. Ext 403. Or online at www.frankgodfrey.com

LAUREL—4BR 2½BA TH. Nr Rte 1/BW PKWY. \$1750/mo. 301-467-5227

LEDROIT PARK—2 BR apt. Granite countertops. SS appls, DW, W/D, CAC, Cls to Metro & downtown. \$1395 incl utls. 202-797-7264

LOGAN EAST—Newly decorated , historic bldg, conven to transp./shopping, effcy \$865; 1BR \$975 202-289-4909.

LOVETTSVILLE \$2200
New 4 BR, 2½ BA home w/2 car gar. 3 mi from MARC Train. Fam rm w/ frpl & fin wk-out lvr lvr. Avail immed! 703-850-2171 Long & Foster.

McLean Here To Assist You!
We are leasing specialists. Call and we'll help find the perfect rental.

Largest 2BR, 2BA at Gates of McLean—Frplc, huge balc+ great view, gar+prkg space, amens. \$1650

Elegant 4 lvi TH—3BR/den, 4.5BA, elevator, unique & nr shops. \$3200.

Call About Others 703-356-7227

W.C. & A.N MILLER

MITCHV—Lux 3 lvi TH w/extension, 3BR, 2F 2H BAS, gar., deck, sunrm \$1900. Avail now. 301-613-4475

NE/109 R St.—Renovated 2BR Bsmt Apt in excellent cond. \$1000 + utls. Avail Immed! Call for appointment. ANA Properties 202-832-0000

N.E.—2BR, newly renovated with new kitchen cabinets, Section 8 O.K. \$1100.

Call 301-535-1269 or 301-440-4745

NE/39 Q St.—Renovated 2BR +Den Rowhse, jacuzzi tub, exposed brick walls. \$1700 +utls. Walk NY Ave Metro! Avail Now! ANA Properties 202-832-0000

NE/48 Q St.—3BR, 1.5BA Rowhouse, hwdw floors, spacious rms, fireplace. Walk to NY Ave metro. \$1650+ utls. Avail Immed. ANA Properties 202-832-0000

N.E. AVAIL APAS.—3BR, 2BA, tile, appls, washer/dryer hook-up, \$950/mo+ \$950 dep. 206-666-2040

NE/SE—Efficy & 1BR apts. \$575 & up + elec. No pets. Call 202-265-4814 or 202-889-4083.

Fred A. Smith Co.

NE—Updated 3BR, 2½BA Rowhouse Near Capitol Hill & Galludet College. \$1850/mo. Call David 301-434-9490 x336

NEW CARROLLTON—2BR, 1BA; nr Metro. \$1200. Sect 8 ok. 301-459-8144

NW/2500 Q ST. APT 442 - \$1500/MO.
Open fr plan, 1BR, just redeccated. Beautiful floors, on quiet side of bldg. Margaret, 301-773-0226.

NW—5312-4th St #4. 1BR, \$800. excel cond, nr Metro & 2 bus lines + elec-gas. Call James. 202-529-3309

NW/5406 3RD ST—Newly renov 1BR+den, new w/w, kit, vanity, ceil fan. Nr. Metro. \$720+utl.

DELWIN RLTY 301-608-3703/X103

NW/633 Gresham Place— 3BR 1½BA, SS appls, w/d, Avail now \$1850.

301-642-3930/29 Walker Realty

NW 877-810-6216

CONVENIENCE & EXCITEMENT

AT AN AFFORDABLE PRICE!

Three intimate bldgs. located on Historic Meridian Hill & Dupont Circle retaining the elegance and beauty of a by-gone era.

Washington House 2120 16th St. NW

Hightowers 1530 16th St. NW

Park Square 2407 15th St. NW

PEABODY & THEOHARIS MGMT.

NW—Clean rooms, Kitchen use. \$525 & \$550. 202-722-6181

NW/LEDROIT PARK 8 Unit Bldg

SUPERB CONDITION

Lovely modern 1BR on 2nd floor, HU/Shaw Metro, new appls., cac, dble pane windows, 10' ceiling, internet & cable ready & on-site laundry. \$1150. 202-362-2642

NW—Nr Metro. Lg Furn rooms. \$400 & \$600. 1 mo. dep. 202-829-3307

NW/PETWORTH—Renov effcys & 1BR, 2 blks trans, \$750-\$1000. Shown 7am-3:30pm. 202-607-5145

NW/Van Ness—2 BR, 2 BA. Nr Metro. \$2100/mo. Call 202-247-1825

OXON HILL—2 BR 1BA condo. Utls incl, \$1300/mo. Call Gwen, 202-327-0555

OXON HILL—Close to Wilson Bridge. Move-in today. 3 BR SFH. \$1600. Call 703-297-2165

OXON HILL

COLONIAL VILLAGE

888-583-3047

FREE UTILITIES

CLOSE TO SHOPPING AND METRO!
Call Today for Rents & Specials!

OXON HILL SOUTHVIEW EHO

• Balconies & Patio
• Modern Kitchen
• Free Shuttle Bus
• 2 swimming pools

A Southern Management Community

RESTON—2 spins BR, 2BA, frplc, balc, storage, eat-in area, 2 min from Reston Town Center. Avail now. \$1600. 703-303-1257

RIVERDALE

Studios, 1 & 2 & 3 BRs starting at \$700
ALL UTILITIES INCLUDED!
Wall-wall carpeting. Spacious eat-in kitchens. Private balcony or terrace.

RIVER CROSSING APARTMENTS
CALL TODAY! 1-888-349-3767

PARKVIEW GARDENS
888-251-1872

1,2 & 3 Bdrms Apts. & Huge 2 Bdrms Townhomes
Fitness and Day Care Centers on Property
Outdoor and Indoor Pool

RIVERDALE—1 & 2 BR Specials, w/w crpt, balcony, laundry, d/w, hwdw flrs, close to Metro. From \$875 - \$975 + electric. 6747 RIVERDALE RD
DELWIN REALTY 301-577-7917
Riverdale

FLETCHERS FIELD

866-805-0782

ALL UTILITIES INCLUDED. Spacious, Modern Apartments Minutes to University of Maryland and DC

RIVERDALE VILLAGE

Call For Fantastic Specials*

W/W Carpet*; Eat-in Kits.*; Cathedral Ceilings*; Prvt Balcony/Patio. Close to Parks, Schools & Shopping
*Selected units 800-767-2189

ROCKVILLE, MD EHO

The Apartments at Miramount

• Washer/Dryer in each home
• Pool and Tennis Courts
• Picnic/BBQ Area
• Corporate Suites

888.324.8343

6040 California Circle

A Southern Management Community

S. Arlington Spacious 1 BR w/ Den \$1400

Newly renovated. w/d, balcony, parking, amenities. 646-382-8048.

SE/2824 Buena Vista Terr—Newly renov. 4-unit bldg, 5-BR 2-BA, W/D, CAC. Section 8 OK. 202-437-7565

SE EHO

WALK TO GREENLINE METRO!
ONE AND TWO BEDROOMS
STARTING AT \$750

• Fully Renovated • Walk-in closets
• W/W Carpet • Controlled entry

FORT STANTON APTS 202-678-7340

SE

TERRACE MANOR APTS.

Off street parking; On bus route. 24 hr. maint. Handicapped accessible. Washer & dryer in select homes. Wall to wall carpet.

202-678-0721

An Edmondson & Gallagher Community

SIL SPG 906 BUCKINGHAM DR. \$2300

5BR, 2BA, new kit, gar Fresh paint thro'out, immed occup. call Aaron Hargrove for more details. 202-438-0701 Realty Execs 2000.

SIL SPG DOWNTOWN—Special location for ofc or residence. 4BR, 3BA, 4 parking spaces, \$1850. 301-589-0998

SILVER SPRING—Beautiful 3 lvi TH, 3BR, 2FBA, 2HBA,lg wlk out bsmt, hwdw flrs & security alarm. \$2200/mo. 240-643-7627

SILVER SPRING TOWERS

The Perfect Location!

FREE UTILITIES

Just a few steps from the Silver Spring Metro; walking distance to 2 new shopping centers, the AFI Silver Theater, the Discovery Channel building; and soon-to-be neighbors with a brand new health club and Borders Books - you couldnt ask for a better spot!

877-220-7136

A Southern Mgmt. Community

Silver Spring, Maryland
2BR Apt Available Immediately
All Utilities Included
1 Blk from Silver Spring Metro
Free Parking & Fitness Center
Call Today: 866-274-7193

SILVER SPRING TOWERS

The Perfect Location!

FREE UTILITIES

Just a few steps from the Silver Spring Metro; walking distance to 2 new shopping centers, the AFI Silver Theater, the Discovery Channel building; and soon-to-be neighbors with a brand new health club and Borders Books - you couldnt ask for a better spot!

877-220-7136

A Southern Mgmt. Community

Silver Spring, Maryland
2BR Apt Available Immediately
All Utilities Included
1 Blk from Silver Spring Metro
Free Parking & Fitness Center
Call Today: 866-274-7193

SILVER SPRING TOWERS
The Perfect Location!
FREE UTILITIES

Just a few steps from the Silver Spring Metro; walking distance to 2 new shopping centers, the AFI Silver Theater, the Discovery Channel building; and soon-to-be neighbors with a brand new health club and Borders Books - you couldnt ask for a better spot!

877-220-7136

A Southern Mgmt. Community

Silver Spring, Maryland
2BR Apt Available Immediately
All Utilities Included
1 Blk from Silver Spring Metro
Free Parking & Fitness Center
Call Today: 866-274-7193

SILVER SPRING TOWERS
The Perfect Location!
FREE UTILITIES

Just a few steps from the Silver Spring Metro; walking distance to 2 new shopping centers, the AFI Silver Theater, the Discovery Channel building; and soon-to-be neighbors with a brand new health club and Borders Books - you couldnt ask for a better spot!

877-220-7136

A Southern Mgmt. Community

Silver Spring, Maryland
2BR Apt Available Immediately
All Utilities Included
1 Blk from Silver Spring Metro
Free Parking & Fitness Center
Call Today: 866-274-7193

SILVER SPRING TOWERS
The Perfect Location!
FREE UTILITIES

Just a few steps from the Silver Spring Metro; walking distance to 2 new shopping centers, the AFI Silver Theater, the Discovery Channel building; and soon-to-be neighbors with a brand new health club and Borders Books - you couldnt ask for a better spot!

877-220-7136

A Southern Mgmt. Community

Silver Spring, Maryland
2BR Apt Available Immediately
All Utilities Included
1 Blk from Silver Spring Metro
Free Parking & Fitness Center
Call Today: 866-274-7193

SILVER SPRING TOWERS
The Perfect Location!
FREE UTILITIES

Just a few steps from the Silver Spring Metro; walking distance to 2 new shopping centers, the AFI Silver Theater, the Discovery Channel building; and soon-to-be neighbors with a brand new health club and Borders Books - you couldnt ask for a better spot!

877-220-7136

A Southern Mgmt. Community

Silver Spring, Maryland
2BR Apt Available Immediately
All Utilities Included
1 Blk from Silver Spring Metro
Free Parking & Fitness Center
Call Today: 866-274-7193

SILVER SPRING TOWERS
The Perfect Location!
FREE UTILITIES

Just a few steps from the Silver Spring Metro; walking distance to 2 new shopping centers, the AFI Silver Theater, the Discovery Channel building; and soon-to-be neighbors with a brand new health club and Borders Books - you couldnt ask for a better spot!

877-220-7136

A Southern Mgmt. Community

Silver Spring, Maryland
2BR Apt Available Immediately
All Utilities Included
1 Blk from Silver Spring Metro
Free Parking & Fitness Center
Call Today: 866-274-7193

SILVER SPRING TOWERS
The Perfect Location!
FREE UTILITIES

Just a few steps from the Silver Spring Metro; walking distance to 2 new shopping centers, the AFI Silver Theater, the Discovery Channel building; and soon-to-be neighbors with a brand new health club and Borders Books - you couldnt ask for a better spot!

877-220-7136

A Southern Mgmt. Community

Silver Spring, Maryland
2BR Apt Available Immediately
All Utilities Included
1 Blk from Silver Spring Metro
Free Parking & Fitness Center
Call Today: 866-274-7193

SILVER SPRING TOWERS
The Perfect Location!
FREE UTILITIES

Just a few steps from the Silver Spring Metro; walking distance to 2 new shopping centers, the AFI Silver Theater, the Discovery Channel building; and soon-to-be neighbors with a brand new health club and Borders Books - you couldnt ask for a better spot!

877-220-7136

A Southern Mgmt. Community

Silver Spring, Maryland
2BR Apt Available Immediately
All Utilities Included
1 Blk from Silver Spring Metro
Free Parking & Fitness Center
Call Today: 866-274-7193

TYSONS RENAISSANCE

Luxury 2BR condo to share 1 room \$900/mo
703-577-1246

Urbana—New TH.Rooms \$400&450 BASE-MENTS\$750 uttl incl. No pets.240-401-538

Vienna-4BR+Den,3BA—Excl schls \$2,200 Avail. 05/1703/994-8123

VIENNA, VA EHO

VIENNA PARK

• Park-like setting
• Wall-to-wall Carpet
• Enormous Balconies
• Huge living rooms
• Swimming pool
• Play areas
• Minutes to metro

877-316-6306

A Southern Management Community

SUMMER RENTALS

Bethany Beach/Sea Colony—Amazing 3 BR spectacular ocean. Million Dollar View! Slps 8-12. \$2000-\$2500. Avail 7/1, 7/15, 8/5, 8/12, 8/19, 8/26. Debbie 240-388-6757

ROOMMATES

AAFB/Ft Wash—Shr hse, M or F, Free cable utls incl. No pets ingrnd pool 301-265-0639; 240-401-0069

ASHBURN—House to Shr. n-smkg. no pets. close to shopping. \$450 utls incl + \$450 dep. 703-723-7865

BOWIE—Males seeks Female to sh home, cls to all amens, private parking spaces in end unit TH, mod kit, Master suite, avail 5/1. \$700+½utls.

443-790-6407

BOWIE—Rm avail furn/unfurn to shr in SFH, \$600 all uttl incl, nr Bowie Twn Ctr close to MARC 301-440-8121

CAP HGTS/SEAT PLEASANT—Nice rm. \$140/wk & up. Shr. hse. Near transportation. 301-499-6323

CULPEPER—Shr brand new SFH, rms avail., 1500sqft bsmt, \$700; BR #3, \$400; BR #2, \$450; shr ½ utls., all pvt BAS. M pref. 571-277-7484.

FAIRFAX—M/F to rent 2BR w/1prv FBA in shared 3BR 2BA TH. \$600/mo uttl incld 571-283-8933

FAIRFAX—Share TH, M or F, nr GMU, 1 mile from Vienna Metro. \$500+½ utls. Call 703-577-0582

FALLS CH/TYSONS—Female share 3BR condo, walk to shops, parking, on busline,\$550 pays all. 703-599-7931.

GAITHERSBURG—Sparkling furn rm & prv BA, pool, tennis, close to 270 & RIO. \$750/mo call 301-92-1622

LAKE RIDGE, 650.00—Prof. to shr TH wlk-out bsmt, 1BR/BA, Kit, W/D, no pets, incl utls. 703-491-2752

LOUDOUN CT RD 50—4 rooms for rent-in hse. MBR \$425. Others \$300- \$350. call 703-476-1112

Manassas—Shr TH. MBR, pvt BA, dbl closet, wlk shpg crt, lib, 66/28. N/S/NP. \$650. 703-863-9023

ROCKVILLE/SHADY GROVE—Resp. roommate. N/S, no pets, clean unfurn rm w/pvt BA, \$500. + 1/4 utls. + deposit. Call 240-793-6782.

SILVER SPRING—Next to Glenmont Metro, 1-4BRs in shared condo., inc utls. 703-895-3795

SPRINGFIELD—M/F to shr furnished TH. Excel location. Close to Metro. \$495+ 1/3 utls. 571-217-1797

SPRINGFIELD WEST—Share house, beaut. lge bsmt, catv & hi spd internet, cls to Metro, sep entr, all utls incl. Max 2 people \$950/mo. 703-851-3145

SUITLAND—Shr 2BR apt 5 mins from Metro. BR avail. \$500 all utls incl. Call 917-557-2667; 240-462-2895

VIENNA/OAKTON—Shr 3-Br TH. M/F, NS/N pets. \$690+dep+½ utls. 703-582-7295

WOODBRIDGE—Shr TH. BR w/pvt BA. Loc close to 95. Credit check & Refs req. \$600/mo. Maria, 571-332-8458

CONDOS FOR SALE

1150 K, NW #1110 \$649,000

OPEN HOUSE: SAT-SUN 12-3PM

Luxury 2BD/2BTH high-rise unit w/ secure parking. Walk to 3 metros, Penn Quarter, Logan Circle. Incentives Available. Call 612-396-4482.

ALEX \$259,900

2BR Condo in lux bldg, gar, balc, W/D, large, bright rooms, huge closets. Call Today!

Taylor Brown Realty, 703-370-8670

ARL \$374,900

REDUCED \$25K/FOR QUICK SALE
New carpet, new wood flrs., condo fee incl. all utls., 2BR, 2BA, cls. to Metro & Ballston. One of lowest priced 2BRs in zip. Call Marie, Re/Max Distinctive, 703-749-0416/X54.

ARL/BALLSTON \$275,000

1BR. renov kitchen, low condo fee. pets allowed. 20 S. Old Glebe Rd. Call 703-868-8661

Classifieds

HOUSES FOR SALE

GAINESVILLE/\$575K-Priced to sell/FSBO
1 Yr.-old. Brick ext. 2 Car gar. 6BR, 3½BA, 3,840 s.f. SFH. Lg. yd, 17004 LOFTRIDGE LANE. Call for appt 703-485-5414

GAINESVILLE/\$619,900—Brand new SFH, never lived in, 4-BR 3½-BA, 3 fin. lvs., 2-car gar., 9 ft ceil., marble gas flpl, gourmet kit, s/s appls, morning rm, 6' fam rm ext. 571-331-2346, 571-338-4442

GERMANTOWN OPEN: SAT 1-4 \$339,900
JUST LISTED TH. 3 fin lvs. 2BR 2 full BA, updated kitchen, new applincs, new carpet, new flrs, fresh paint, enclosed patio, Fabulous Lake View.

19133 Partridge Wood Dr (20804). Etelvina, 240-498-6751. Keller William Team Realty 301-978-9775. MLS# MC6005072

HEART OF MCLEAN—Exec ofc suites amenities incl receptionist, conf rm, mail distribution, copier & fax machines, DSL & voice mail, loc across fr Post Office & FedEx pldscall Ashley for showing, 703-407-7447.

I BUY HOUSES—Any condition, quick settlement. 301-996-3989

LARGO—3BR, find out what your house is worth www.raycontee.com

MARSHALL HTS OPEN 1-4 220,000
Beautiful, brick, well-maintained, semi-detached home on quiet, tree-lined st. SHOWS EXCEPTION-ALLY WELL! Lg. fam rm, addition, 2 pvt. pkg, spaces 5105 H St., SE **Tiffany Stone 301-440-8818**

MARYLAND HOME BUYERS PROGRAM
If you would love to own a home, and have an income of \$40K, we have programs for almost any situation. Call Ray Marshall, ReMax 100, 301-702-4243.

MD, DC, VA—Need Real Estate investors w/good credit (680 FICO or higher) & \$5K min. to invest. 202-747-5066

MITCHELLVILLE—4BR, 3.5BA, fin bsmt, deck, very low price. \$589,900. Call now Randy, 202-744-5845

MONTCLAIR—Waterfront upgraded 4BR, 3½BA, 2-c gar, \$10K towards closing, \$5000 to agent, 703-580-9102; 703-944-6506

MT. RANIER/ARTS DISTRICT—3235 Rhode Island. 2nd flr, restored office & w/use of conference room. \$750/mo utills incld. Reynolds Real Estate 202-726-1166

MYRTLE BEACH, S.C.—2-BR 2-BA condo, ocean view. Call for rates 1-877-276-1465 or www.compu trends.com/myrtlebeach

N. NECK—Deep-water lot with pier and spectacular view. Million dollar home neighborhood. Near the Bay, 2.8 acres, 612 ft of shoreline. \$329,000. 804-450-0409 www.Nnecksunbelt.com

NE/Eastland Gardens \$450,000
4404 Ord Street
Detch'd renov'd 4 BR, 3 BA, hdwd flrs, CAC on 6000 s.f. lot. Call Logan, Capitol Area Realty, 202-276-8835

NW \$430,000
2BR House. Remod. cac. w/d. hdwd flrs. d/w. garbage disposal. Close to U St Metro & Verizon Ctr. 1528 New Jersey Ave. Call 301-785-1913

N.W. \$450,000 COMPLETELY RENOVATED TH w/ 3BR, den, fin bsmt, attic, gar w/motivated seller. Call Mr. Jones 240-447-7235 or 202-581-9079

Bert S. Hall Real Estate

NW—3BR, find out what your house is worth. www.raycontee.com

NW/55 LONGFELLOW ST—3BR 2BA, MBA w/Whirl-pool tub/shower. 1-car gar-off-st pkg. W-W carp, dw, range. Closing held. **OPEN SUN 11A-3P!** Century 21/Ashby & Assoc. Daryl Johnson 202-421-3055

NW—Downtown. \$490,000. Huge Victorian, 4BR, unique open floorplan, lge kitchen, English base-ment. Call David 301-434-9490 x336. Long & Foster

OAKTON/\$650K-4BR, 3½BA Exec. TH w/gar. You won't find a more beaut. home in this price range. 2 decks. Lndscpng, 2 story entr. foyer, elegant columns sep. DR & LR w/balc overlook. Jacuzzi in MBR & so more. **Call Les Owen 703-447-0590.**

RE/MAX Allegiance

OCEAN CITY—50 condos avail. now. \$138K-\$200K. Call Frank K. @ RE/MAX 240-271-5552, 866-4RE-MAX1

READY TO SELL?—If your ready to sell, we are ready to buy! We pay Cash! Karen Rollings (301) 924-1414. RE/MAX 2000.

ROCK CRK PK/\$850K-Bright, spac. SFH. LR, DR, den, 2FPs, remod. kit, gran., hi end applincs 4BR 3BA jacuz fin. bsmt., FR, snrm. Nr. to Beth & Sil. Spg. shpng /rest 202-723-1118. roykar@aol.com

SE/Hillcrest New Listing \$174,900
Sun filled super sized 1br/1ba 2nd Flr unit w/hdwd flrs, sep. LR & DR and parking. 888-402-7770 x 402 or online @ www.FrankGodfrey.com **Keller Williams**

SEVERN 1804 White House Circle So.—3BR, 2½BA, beautiful 3 lv TH/Condo. Must see! \$305,000. Call Gezo Edwards, Exit Premier Realty, 301-537-1133

SHAW 1428 5TH ST NW—Nice 2BR, den, hdwd, flrs, AC, 2 Fpks, very active developed block, walk to metro. \$339,900 Reynolds Real Estate 202-726-1166

Shippensburg, PA BRICK VICTORIAN \$208,400
717 360-5549

SIL SPG —\$349,000. 6BR 3½BA. full fin bsmt. 2 wd/stoves/refrig nr shopng/Bus/Metro. 804-815-2179

SIL SPG —4 Sale By Owner. Stately Col. 4BR, 2 full 2 half BAS. fin bsmt, 2 fpls. \$535,000. 2112 Edgeware St. 301-452-6229

SILVER SPRING—FLEXIBLE TERMS-3 bd 2ba, large eat-in kitchen, walk-out porch off master suite, hardwood flrs. \$399,450. Owner will help with Closing Cost.

Call Nicole at 301-213-7246

Silver Spring \$565,000
FIRST OPEN!
Beautiful, almost new, 3BR 2FB2HB, 2Car Garage TH only Steps to Forest Glen Metro & 495. Granite count. & upgrades galore! DON'T MISS THIS ONE! OPEN SATURDAY AND SUNDAY 12-4. Dir. N. on Georgia to left on Forest Glen to right on Dary Forest Drive to R. on Darcy Green Place, 2137. Celestin Kane 301-379-6282 & George Khatchadourian 301-367-6956.

Silverstone Realty Group, LLC 301-652-2026 410-458-9820

SILVER SPRING \$449,900
Nice brick Col. 3BR, full fin bsmt, hdwd flrs, fpl, great find yard, less than 1 mis to 2 Metros.

DeLuca & Assoc. Real Estate, 301-570-1772

SILVER SPRING—Split Level. Dan Krell Realtor. Fairfax Realty, Inc. 301-529-8475; (O) 301-881-9800. Equal Housing Opportunity.

SilverSpringHomeSearch.com
Daily Listings by Email

SOUTH DAKOTA \$42,900
12 spc RV park.
W of Sioux Falls off I-90.FSBO 702-523-5734

SPGFLD. \$829,900. Wilk to Metro 5BR/3½BAS/2 car gar, full fin. sun bsmt. Xtra lg. lvi prof. Indscaped lot, beaut. neww col., impeccably maint. by orig. ownr. 703-569-1814/819-4335 for pvt. showing.

SPRINGFIELD—Price to Sell, FSBO, 4BR, 2.5BA, Eat in Kit, FR w/fp, Din Rm, LR, Lg Rec Rm w/pool table, New hdwd flrs. \$658,000. 3Blks to FC Pkwy, excl cond, 703-455-6341

ST LAWRENCE COUNTY \$480,000
NY FARM, 678 acres Victorian farmhouse, barns, ponds, meadows. Ref.#5186. Call BestNYFarm@aol.com.

STAFFORD CO.—buy this house with \$500 or less. Closing cost paid. Troubled credit OK. 6-BR 4.5-BA, 3 ac. 2 yrs old. Close to 95. Only \$559,950. Call Scott Phillips, Re/Max Allegiance 540-226-0492

STAFFORD, VA—1YR 4BR/3.5BA TH w/washer/Dryer. Lots of Upgrades 385,000. Call 703-670-3389

STOCKS STILL LOW
Invest in the booming Atlanta mkt. Buy investment properties and sell with 45 days for a quick profit. \$5k min inv. 25% return w/in 45 days. Not an IPO-IRA's Welcome. b06 Serious inquiries only. www.pinnacledevpartners.com 866-871-3226

STONE HARBOR, NJ - BEST OF JERSEY SHORE. 3BR TH, tile flrs, upgrdcd BA, htd pool, steps to bay, 2 blks to beach. Walk to upscale town & rest. Low taxes. Great rental history. \$780,000. 484-576-3065

Stop Foreclosure Now
Stay in your home, Save Your equity. Repair Your Credit, We Buy Houses, Fast Cash, close in 3 days. Call 301-736-6199

SUITLAND—House for Sale, 3 BR, 2.5 BA, new roof, kitchen, floors, \$351,500, 703-928-1104

TEMPLE HILLS \$399,000
Lovely renov'd SFH, 5BR, 2FBA, lge back yard. Call Amber at 301-292-4663, RE/MAX Colonial Homes www.untouchdreams.com

UPPER MARLB—3lv TH This \$250K-\$275K. CAC, Ed-ward Cunningham Exit Premier Realty 301-669-0063 or 301-560-6700

UPPER MARLB/Cheltenham \$360,000
Lovely 3BR, 2½BA split foyer. Quiet nghbrhd, custom deck. 24 hr info. www.tyreerealestate.com 800-636-8214 1ld#8001

Tyree, RE/MAX ONE, 301-249-6033

UPPER MARLBORO \$459,900
FSBO. Col 4BR 2½BA. hdwd flrs. fpl. 2 car gar. near Largo Metro. Call 240-447-8994 or 301-249-5133.

VA/DC/MD—WE BUY HOUSES & WE SELL RENT 2 OWN HOMES w/ LOW DWN PYMNTS 1-866-249-0857 X 3

www.OBPHomes.com 1-866-249-0857 X 3

WALDORF—1.56 acres comm. \$425k WON'T LAST! 301-782-9985 lv msg.

WE BUY HOUSES ANY PRICE OR COND
Do You Need To Sell Quickly?
WE BUY HOUSES FAST
All cash, no contingencies, no commission, no fees You Save \$ Buying in Maryland, DC & Virginia.
Brian, RE/MAX 2000, 301-996-9695
www.listorbuyhomes.com
Brian@listorbuyhomes.com

WOODBRIIDGE—\$419,000 - Picture perfect 4 BR 3 bath. Quiet neighborhood. Call Sylvia.

YOUR 1ST & 2ND HOME
RESORT LIVING
30 MINS. FROM THE CAPITOL
Stunning, spacious, new sun-filled southern corner condo overlooking golf course & pool. 2700 s.f.+ 2BR, den, 2½BA, LR, DR, upscale kit & FR w/fpl, huge closets, wide balc+terr., 2 garage spaces. WALK to clubhouse, marina, tennis cts, river & wildlife pre-serve trail. Call 703-790-5865. OLREA.

LOTS & ACREAGE

20 Acres and Larger parcels, with Hardwoods, Streams, minutes to C&O Canal and Potomac River. Great Retirement and Second Home. Less 2hr Beltway.

LandinWV.com
25+ AC - \$149,900
PRISTINE MTN VIEWS!
Mins to Potomac River
End of road privacy! New rds, perc & survey. Nothing else compares! Exc. Financing. **Call 1-800-888-1261 Now!**

3000' MTN TOP 47 AC \$149,900
Easy access. Views, Views, Views! Areas best white water rafting, golfing, hiking. Your best nature preserve. Perc approved, new rds, surveyed. Excel-lent financing. Only One! Call 1-877-777-4837

A PINNACLE 360 MTN VIEWS 26 ACRES \$105,900
Own your private PINNACLE 360 mountain views. Special low rate financing w/ little down. Call today to secure your opportunity to own a RARE PINNA-CLE 1-877-777-4837

CRISFIELD, MD—Acreage. Fantastic waterfront view! Multiple development choices. Protected by dam. Adjacent to Chesapeake Bay. Sanctuary. \$350,000. **Call 410-623-3781.**

EXTREME MTN TOP VIEW 50 Mi Long Range Views LARGE ACREAGE 27 AC - \$129,900
Drive through a State Forest to access your extreme mtn top property. 3000' elevation w/ 50 mile views. Only one on the mtn top at this price. Easy financing. Call owner directly 1-877-777-4837

Large Mtn. Land Bargains, High Elevation. Ad-joins Pristine State Forest, 20+ AC to 350 AC, Sweeping Mtn. Views, Streams.

www.liveinwv.com

ONE TIME OFFER! UNBELIEVEABLE VIEWS! 24+ AC - ONLY \$129,900
Very rare! Usable wooded mtn. property w/best views anywhere around! Great long-term financing! Hurry, won't last! **Call 1-800-888-1262**

RESORT PROPERTIES

Anne Arundel/Calvert Water Front/Oriented \$250,000
Waterfront/Oriented less than a hour from DC. Vacation year round or second home. Best kept secret in the area. Marina w/slip opportunity. 2 BR 1 BTH starting from \$250,000.
Beth Withers-Luskey, Remax 100
(O) 888-372-9907 (M) 410-610-0316

Mathews \$1,250,000
Chesapeake Bay-2600 feet of Waterfront with 67.8 Acres.
New 3 car garage with guest house above. Plans and permits for new home. Endless views across bay and beautiful beaches.
Deborah Morgan-Morgan & Edwards R.E. 804-725-1951 - 866-784-3229

REAL ESTATE SERVICES

\$ ALL CASH 1000 HOUSES WANTED \$ No equity required any condition BJ 202-729-0810 fastcashdc.com

BUY A HOUSE—with \$500 or less. 100% financing. Troubled credit OK. Closing cost paid. 100's to choose from. Call Scott Phillips, Re/Max Allegiance 540-226-0492

MARYLAND, DC, VA AVOID FORECLOSURE www.SOSforeclosure.com 410-258-5621

STOP RENTING IN VIRGINIA—You can own with non money down! Free report available 24 hrs. www.dontrentucanown.com
Keller Williams Fairfax Gateway

WE DO REFI LOANS NO ONE ELSE CAN
We accept scores below 500 and do unique deals. All situations considered for residential real estate refinancing w/equity. We save homes from foreclo-sure, bankruptcies & payoff high debt.
Call 240-314-0319.

COMMERCIAL REAL ESTATE

1717 K St, NW.—Office Intelligently:
Save Hundreds/mo. On demand offices, phone, mail, Internet, other svcs. Plans \$45-\$200/mo. Call OSI, 202-508-3896 **to learn more.**

ALEX/SKYLINE—Across from Target. 900 - 2900 sf. Ideal for prof'l office TH. Close to everything. Avail now. Move in Special. 703-929-0859

FALLS CHURCH—Lease beaut. 1st flr suite in presti-gious Old Brick House Square, 900 blk W. Broad St. (Rt 7), 3 rms, 1/2 BA, 2 entrances, ample free pkg. 703-534-9300

POOLESVILLE, MD—10.5 Acs, approved for development of 12 lots. Call 301-972-8187.

VIENNA—1050 sf offc space, directly on Maple Ave (Rt 123). Ideal for professional or business. Call 703-938-5920.

WHEELS

AUDI '99 A4—5 spd, 108k mi, Silver, AM/FM, Cassette, CD, Insp, Snrf, AC, PW/PDL, PS, ABS, Alloys, Cruise, Tilt, \$8350, 908-295-7841

BMW '02 M3—6 spd, 13k mi, Red, ABS, \$15000, 004-470-4012 x 0635

BMW - '87 R80. 10,000 miles. \$6000 spent on upgrades. Asking \$5000/obo. Dan, 301-399-5775

CAR LOANS
From \$5K and up. Same day approval. Good or Bad Credit accepted. Low financ-ing. OAC. **888-777-4589**

CHEVY '03 CAVALIER—43K mi, red, sunroof, cur-rent inspection, p/s, p/b. \$5,100. Call 240-257-8137

CHEVY '94 Beretta—Looks Bad Runs good First \$400 takes it 202-271-6004

CHEVY '89 Silverado—3/4 Ton PU, ext Cab, auto, a/c, ladder rack, new motor, new transm, MD insp. \$5500. 301-459-1450

CHRY'S '03 Sebring—Black, Auto, 60k mi, AM/ FM/CD, AC, PW/PDL, PS, ABS, Cruise, Tilt, \$10,000 obo, ask for Stan cell 202-251-3659

FLEEWOOD '00 TIOGA—31ft, Ford V-10 Class C, 23K mi, lge slide, hydraulic stabilizer jacks, new tires & battery, full cage generator, Nonsmkg, excel cond, \$37,900. 703-971-9447 lve msg

FORD '04 marc 1—5 spd, 17k mi, Blue, AM/FM, CD, AC, PW/PDL, PS, Cruise, Tilt, \$20200, 703-971-8491

FORD '04 F350—Auto, 18k+ mi, duelly diesel 6.0 super duty, lge bed, rhino lnr, 4 dr, \$30,000. 410-643-7123

FORD '93 AEROSTAR—automatic, 7 passengers, airbags, 1 owner, Looks & Runs Great!, MD In-spected \$1,550, 301-505-7035

GMC '02 Denali—41k mi, PEWTER, AM/FM, Cas-sette, CD, Insp, Snrf, Mnrfr, AC, PW/PDL, PS, ABS, Alloys, Cruise, Tilt, 22' LEXANI RIMS WITH MANUFA-TURE RIMS & TIRES. \$26000, 301-343-2230

HD - '04 Road King Custom. 5000 miles. Hydraulic clutch. Road Tech Radio. Oil Cooler. Adj. Windshld. Lowered. Single & dbl seats. Cruise Control. Passing lights. \$18,500/obo. Dan, 301-399-5775

HONDA '00 LX V6—Auto, 71k mi, Gray, AM/FM, Cassette, CD, Insp, AC, PW/PDL, PS, Cruise, Tilt, Tinted, Alarm, Remote Start, \$9900, 540-850-3523

HONDA '99 ACCORD EX—5 spd, 114k mi, black, AM/FM, CD, Snrf, AC, PW/PDL, PS, ABS, Alloys, Cruise, Tilt, \$4200, 301-927-5866 x 301-335-0167

KTM '05 640 ADVENTURE—Excel cond.; on road, off road, rare bike, \$5500. 301-573-0362

LAND ROVER '00 Discovery II-HSE—Auto, 89k mi, black, AM/FM, Cassette, CD, Insp, Mnrfr, AC, PW/ PDL, PS, ABS, Alloys, Cruise, Tilt, \$11500, 571-278-9546

MERCEDES-BENZ '03 E-Class—Auto, silver, SHOW-ROOM Insp, Snrf, ABS, Alloys, CD \$28500, 240-447-1279

MERCEDES—'00 E430-4Matic, blk/blk, exc. cond., many extras, under warr., \$9K mi, \$21,900. 703-217-4853

MITSUBISHI '98 Eclipse Spyder GS—Auto, 81k mi, Red, AM/FM, Cassette, CD, Insp, AC, PW/PDL, PS, ABS, Alloys, Cruise, Tilt, \$6500, 571-278-5065

PONTIAC '91 FIREBIRD FORMULA—T-tops, auto, all pwr, custom whls, new brks, 96k mi, \$3995. 703-232-9441

PORSCHE '86 911 Targa—\$19,000 - Black, very clean, all service records, just serviced w/new brakes. 703-867-7938

SUZUKI '04 GSXR 750CC—Yoshimirra Exhaust, new back tire, 6K miles, \$8500/OBO. 443-871-4780

TOYOTYA '98 AVALON—Auto, all pwr, roof cd/ player, lthr, mechanically perfect. 130k \$4695. 703-989-2470

VOLVO '02 S80—Auto, 57k mi, white, \$16800, 703-992-7563

VOLVO '94 850—4DR, auto, 105K mi, MD inspec, all pwr, snrf, lthr, airbags, ac, good cond. \$3200. 301-577-2674

VW '05 GLS TDI Loaded—Auto, 8k mi, Silver metal, AM/FM, Cassette, CD, Insp, Snrf, Mnrfr, AC, PW/PDL, PS, ABS, Alloys, Cruise, Tilt, \$22500, 301-897-3832

VW '97 Jetta—5 spd, 135k mi, Red, AM/FM, Cas-sette, CD, Snrf, AC, PS, Alloys, Tilt, \$3700, 202-321-7954

BOATS AND AVIATION

FLEETWOOD TIOGA SL 28' '03—Immaculate 2003 Fleetwood Tioga SL 28', like new, less than 13,000 miles, 5 year extended warranty (worth \$5,000), all upgrades: upgraded wooden cabinetry, 2 slide outs, separate bath and shower, full kitchen, stove, double door refrigeration, 15000 BTU air, satellite dish, cable, tv, telephone, fully self contained, leather captains chairs, sleeps 6, storage, tow package, am fm cd stereo, outside shower, outside stereo with speakers, comfort comfort comfort and in fantastic condition. Call 410-257-2716. lv msg. This one is a steal. 410-257-2716 \$54500, 410-257-2716

HOLLY ACRES MARINE—"Where the Boats Are". Bayliner, Maxum, Trophy. New boats starting from. \$10,995. 800-800-7537

LEXUS SC400 '95—Gold-paladed, very clean, new wheels, new tires, new fluids, wired for sub-woofer, PEARL, 56k, \$12,500, 703-209-5905 \$12500, 703-209-5905

MAXUM '02 2400SCR. Radar Tower w/Radar. Ext Swim Platform. 5.0MPI. \$38,000/obo. Dan 301-399-5775

SILVERTON 34 CONV '86—Flyb., Silvertone. Most popular ever. Exc. cond., Twin 270 Crusaders. Re-cent new int. Windlass, GPS plotter, lcom VHS, Color sounder, 2 TVs, CD/radio, spkrs thruout. Must see. \$39,000. 703-780-8886

Advance you.

"Careers" can move you up and ahead.

Mondays.

express

Advance you.

"Careers" can move you up and ahead.

Mondays.

express

Drive you.
"Cars" can put you in the right wheels. **Wednesdays.**

Drive you.
"Cars" can put you in the right wheels. **Wednesdays.**

Drive you.
"Cars" can put you in the right wheels. **Wednesdays.**

HURRY!
OFFER EXPIRES 4/23/06

FOR FAST SERVICE CALL TOLL FREE... 1-888-562-0095, ext. 25

OR VISIT www.washingtonpost.com/subscribe

Restrictions may apply. NG S061 1x12

The Washington Post

LOOK out

* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Online

YouTube.com flirts with fame, fortune and competition

Internet sensation YouTube.com seems like a startup straight out of Silicon Valley central casting.

A year ago, co-founders Chad Hurley and Steve Chen were in between jobs, a pair of twentysomething geeks running up big credit card debts as they tooled around a garage trying to develop an easy way for people to share homemade videos on the Web.

Now they're flirting with fame and fortune, budding media moguls in a new entertainment era that relies on unconventional channels like YouTube — by some measures, the leading video-sharing site, one that's cultivated a huge audience while testing the bounds of creativity, monotony, copyrights and obscenity.

"We are providing a stage where everyone can participate and everyone can be seen," said Hurley, 29. "We see ourselves as a combination of 'America's Funniest Home Videos' and 'Entertainment Tonight.'"

Having graduated from Hurley's

garage to a small office above a pizzeria, San Mateo-based YouTube is capitalizing on society's shortening attention span and growing exhibitionism.

It's become an outlet for sharing everything from amateur videos made by teenagers goofing off to slick productions posted by the likes of Nike, MC Hammer and the director of the upcoming movie "Superman Returns" to drum up demand for their products.

Meanwhile, the buzz keeps getting louder.

INSIDE



Spring's shoes are a natural fit | 33

Blog Log: The death of Leo on 'West Wing' | 31

Holy Moses: Apple has a new little brother | 34



ACTING UP: YouTube founders Chad Hurley, 29, left, and Steven Chen, 27, act all wacky, as befits Internet start-up princes.

The Site for Sore Eyes

As April began, Hurley said people were posting about 35,000 new videos daily at YouTube.com, luring even more viewers to an audience that's already watching more than 35 million videos per day, most lasting 30 seconds to 2½ minutes.

Just four months ago, YouTube's visitors were posting about 8,000 videos a day while viewers were seeing 3 million videos daily.

The growth has been infectious, depending largely on referrals from users who alert their friends and family to a favorite video. Many of

the viewers who discovered the site then decided to share their own videos, a factor that continually deepens YouTube's pool of content.

YouTube's success also is being propelled by a steady increase in high-speed Internet connections at home, making the distribution and consumption of online video more practical.

Although YouTube was one of the first, Internet powerhouses like Google Inc. and Yahoo Inc. and upstarts such as Break.com and Metacafe.com are all trying

to capitalize on the rising popularity of online video.

The intensifying competition doesn't faze Hurley.

"We are at the forefront of this cultural shift," he said. "They are all going to be chasing us."

YouTube "has a strong position right now, but we'll have to see how much staying power it really has," said Mary Hodder, chief executive of Dabble.com, a startup offering a way to track all the video cropping up on the Web. "You can't help but wonder whether YouTube will

eventually lose its audience the way Napster did."

Not much has slowed YouTube since last May, when Chen debuted the site's first video — a clip of his cat, "Pajamas," pawing at a dangling string — a few months after he and Hurley realized after a dinner party that there was no easy way to share online video, the way you can with photos. "It's kind of scary to think about," he said, "but it will probably be another nine months before this idea really hits the mainstream."

MICHAEL LIETKE (AP)



DO YOU HAVE HIGH BLOOD PRESSURE?

If you have high blood pressure you may qualify for a research study that will evaluate the effectiveness of an investigational combination of two already approved medications in controlling blood pressure. Study participation includes: Medical exam by a physician, study medication and up to \$350.00 compensation.

Millennium Clinical Research Center
at (703) 527-8100

or e-mail us at bloodpressurestudy@yahoo.com.

Located across the VA Square Metro in Arlington

America's Favorite



CHATLINE™

Try For
FREE
Code 6730

202.414.6444

Find Singles In Your City: **1.800.210.1010**

Text CHAT to 21010 \$4.99 / 10 Min. 18+ www.LIVELINKS.com

Adapt you.

"Personal Tech" can give you cool and useful tools. **Mondays.**

express

Are You a Trauma Survivor? Have You Lived Through a Life-Threatening Event?

An event such as physical/sexual abuse, injury, accident or disaster? If so, we are asking you to volunteer for research studies that involve:

- Brain imaging
- Measurement of stress hormones
- Free trial of commonly used medications if indicated

We want to understand the differences in how people respond to and cope with a traumatic experience. Compensation provided.

1-866-627-6464

TTY: 1-866-411-1010

National Institute of Mental Health

National Institutes of Health, Department of Health & Human Services

LOOK out

Voices

Lisa de Moraes

Channel Surfing

Post TV columnist **LISA DE MORAES** was online Friday to talk about Kenny Rogers on "American Idol," Kiefer Sutherland on "24," Howie Mandel on "Deal or No Deal" and, of course, Katie Couric. | washingtonpost.com/liveonline

Kenny Rogers on "American Idol" — plastic surgery? I barely recognized him!

His lack of trademark long hair and beard was shocking (not going to speculate on stretch-work). Worse than when Felicity cut off her tresses behind WB's back. Or when Cher cut off her hair. Boy George. George Michael. Celine Dion. When will they learn — it really is about the hair.

How many champagne bottles do you think Matt and Al popped when they heard the news about Katie? Finally it will be safe for me to watch TV in the morning. Is it so wrong of me to be doing the happy dance about this?

All right, now we're going to take the high road today, because that's the kind of classy people we are. We wish America's Sweetheart all the best, and send our condolences to CBS's unsuspecting evening news audience and staffers.

I'll just say it: "24" is starting to leave me very confused. For the life of me, I can't figure out why the president wants to kill Jack Bauer.

This show is an even bigger mess than usual. And yet, viewers seem to love the mess. Does Kiefer Sutherland have any range as an actor other than talking really quietly and menacing-like or screaming? On the show's promos

he's always shrieking like a soccer mom with five unruly children in her shopping cart; my head hurts just thinking about it.

What is with "Deal or No Deal"? I think it is horrid!

I cannot explain people's fascination (me included) with this show. Howie Mandel is very good but that's not enough. I think some subliminal message — don't know what — is being sent to viewers during the broadcast.

With NBC's penchant to wrap up its series with happy endings, what are the odds that Will announces he's bi and proposes to Grace?

Not that he's bi, but that they will form some [kind] of a family unit and raise the little moppets together. And was it just me or did you see the death of Will's dad coming a mile away last week?

What is next week's "A.I." theme?

QUEEN!!!!!! Can't wait for Kellie Don't Know Nuthin' Bout Spinach Salad Pickler to sing "Bohemian Rhapsody."

→ Today on Live Online

NOON: David Bickham, a researcher at Boston's Children's Hospital, discusses a study on the link between kids who watch violent TV shows and experience peer problems.

Letters

Illegals Aren't a Security Risk

THE IDEA THAT illegal aliens, specifically Latinos, are a national security risk is just plain dumb, and least of all, racist. Most Latinos are fleeing insecurity. Also, most just want to work. Why would a Latino try to destabilize the U.S. if he or she is seeking both personal and economic security? Latinos

are by far our best allies in the war against terrorism because they fully understand the ugly reality of the effect that economic, social and political instability has on one's personal life. Those against the illegals should speak the truth; they are against them because they are different. That is discrimination in heart, and racism towards a group that includes legals and illegals.

—MARK LEDBETTER
Washington, D.C.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Bizarro | Dan Piraro



Cornered | Mike Baldwin



"He said it's all about holding on to tradition while embracing the future. I told him to keep his hands to himself."

Pooch Cafe | Paul Gilligan



Pearls Before Swine | Stephan Pastis



The Duplex | Glenn McCoy



LEO'S GOODBYE

“So I just watched [Sunday's] episode of 'The West Wing' and will admit I cried through a great deal of it.”

NSANDTHECITY.BLOGSPOT.COM ON SUNDAY'S EPISODE OF "THE WEST WING" ON NBC, WHICH FEATURED THE FUNERAL OF LEO MCGARRY, PLAYED BY THE LATE JOHN SPENCER, WHO DIED IN DECEMBER.

THE Blog LOG

ON IMMIGRATION, PART 2

“People who have no right to even be in our country are killing hard-working, deserving Americans with impunity.”

AMERICANDAUUGHTER.COM CITES STATISTICS ON HOW ILLEGAL IMMIGRANTS ARE KILLING AMERICAN CITIZENS.

CULTURAL DRINKING GAP

“I must say that the person who came up with this game must have been a genius.”

ELGUAPODC.BLOGSPOT.COM DISCOVERS THE “GRINGO” GAME OF FLIP CUP, THE COMPETITIVE BINGE DRINKING GAME APPARENTLY DESIGNED TO ALLOW WHITE PEOPLE TO SPARK ROMANTIC BLISS.



DEEP-ROOTED RIVALRY

“[American Sign Language] stories that began with the acceptable premise of ‘Our Bisons will crush the Tigers!’ quickly devolved into a gory tale of how a bison would repeatedly plunge its horns through a tiger ... again and again.”

DEAFDC.COM DETAILS FRIDAY'S PEP RALLY FOR GALLAUDET UNIVERSITY'S ANNUAL RIVALRY WEEKEND WITH THE NATIONAL TECHNICAL INSTITUTE FOR THE DEAF.

ON IMMIGRATION, PART I

“...[I]t has this magical feel of coming out of nowhere, a popular uprising of people who may not share all of the same politics, philosophies, histories or ideologies but who are ... banding together ...”

ANGRYBROWNBUTCH.COM APPLAUDS THE PROTESTS HAPPENING ACROSS THE NATION AGAINST PROPOSED FEDERAL LEGISLATION TO CRACK DOWN ON ILLEGAL IMMIGRATION IN THE UNITED STATES.

Horoscope

By Stella Wilder

ARIES (March 21-April 19) Added excitement will be yours, courtesy of someone who has not been a major player in your life for a while. Get reacquainted.

TAURUS (April 20-May 20) Concentrate on the social intricacies the day presents; you cannot afford to ignore the desires of those with whom you spend your off time.

GEMINI (May 21-June 20) It's important that you control your more basic impulses and that you get more in tune with your higher instincts and creativity.

CANCER (June 21-July 22) Someone may be asking you, why? The same answers may not suffice. You're going to have to get creative — and soon.

LEO (July 23-Aug 22) You can afford to be a little more dynamic in your approach. Never fear attracting attention; you've got something up your sleeve.

VIRGO (Aug. 23-Sept. 22) You may feel as though you aren't entirely in control, but

you'll be comfortable enough with the situation to go along for the ride.

LIBRA (Sept. 23-Oct. 22) Keep analysis for the experts; it's best to follow your instincts and, as you go from signpost to signpost, keep your mind in check.

SCORPIO (Oct. 23-Nov. 21) Keep the communication free and open; don't take too much time deciding what should be said at any given moment. Trust your instincts.

SAGITTARIUS (Nov. 22-Dec. 21) You can have that which is steady and dependable without having to give up your dreams. Practical attention can make them come true.

CAPRICORN (Dec. 22-Jan. 19) You won't be dealing with the cream of the crop until you're willing to turn up the heat a bit; only then will you get the heavyweights.

AQUARIUS (Jan. 20-Feb. 18) You'll be feeling confident and eager to get on your way, but it's important that you choose a path to travel. Make that choice now.

PISCES (Feb. 19-March 20) A little vulnerability never hurt anyone; you may be feeling out of sorts, but the fact is, you may also be getting closer to the truth.

express

PUBLISHER—CHRISTOPHER MA | GENERAL MANAGER—ARNIE APPLEBAUM
EDITOR—DAN CACCIVARO | NEWS EDITOR—GREG BARBER | ART DIRECTOR—
SCOTT MCCARTHY | SECTION EDITORS—JENNIFER BARGER, ARION BERGER,

MICHAEL GRASS, VICKY HALLETT, MAUREEN HOCH, CHRIS MINCHER, HOLLY MORRIS, KRISTEN PAGE-KIRBY, MATT SWENSON, CAITLIN THOMPSON | EDITORIAL DESIGN—SCOTT ROSENBERG | PRODUCTION—MATTHEW LIDDI | PHOTO—
MARCIA HARDER | PHOTOGRAPHER—MICHELLE REPISO | CONTENT DEVELOPERS—TIM FOLLOS, DARONA WILLIAMS

PUBLISHED BY EXPRESS PUBLICATIONS COMPANY, LLC PO BOX 17370, ARLINGTON, VA 22216 | A SUBSIDIARY OF THE WASHINGTON POST COMPANY | MAIN NUMBER: 703-469-2800 | FAX NUMBER: 703-469-2831 | CIRCULATION: 202-334-6992 OR E-MAIL CIRCULATION@READEXPRESS.COM | ADVERTISING: CALL BOB KEENAN AT 202-334-6025 OR E-MAIL ADS@READEXPRESS.COM | CLASSIFIED ADVERTISING: 202-334-6200

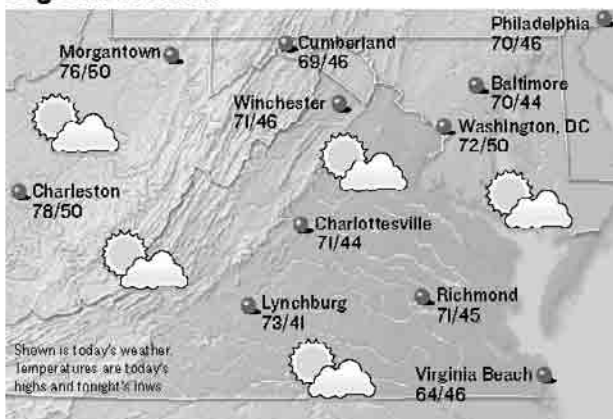


DON'T drop pennies out the window, as tempting as it might be for the winner of Goodyear's "Name The Blimp" contest (Nametheblimp.com), who will win the blimp for a day. Starting Tuesday just after noon, anybody can log on and submit a name; second prize is a free set of tires.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly sunny	Mostly clear	Partly sunny, breezy, warm	Partly sunny, maybe a thunderstorm	Variably cloudy, chance of a shower	Mostly cloudy, showers possible
72°	50°	74° / 54°	70° / 52°	70° / 52°	68° / 50°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2006

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	62°
Low	39°
Normal high	65°
Normal low	44°
Average humidity	42%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	1.26"
Normal month to date	0.93"
Year to date	7.02"
Last year to date	11.95"
Normal year to date	10.37"

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

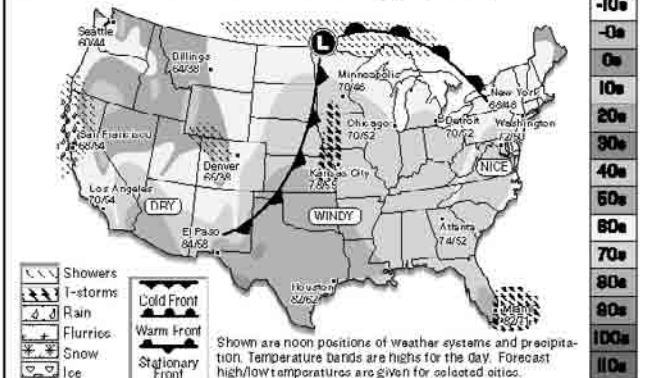
D.C. Metro: Today, mostly sunny, a warm afternoon. High 72. Wind south-southeast 5-10 mph. Tonight, mostly clear. Low 44 suburbs to 50 city.

Sun and Moon

Sunrise today	6:38 a.m.
Sunset tonight	7:41 p.m.
Moonrise today	5:59 p.m.
Moonset today	5:44 a.m.



National Weather for Tuesday, April 11



National Cities

City	Today	Wed.
Atlanta	74/52/s	72/55/p
Boston	62/44/s	68/48/p
Chicago	70/52/h	72/48/h
Dallas	82/65/p	83/65/p
Denver	65/38/p	73/45/s
Honolulu	83/71/p	83/71/s
Los Angeles	70/54/p	74/56/s
Miami	82/71/t	84/68/p
New York City	68/48/s	68/52/p
Orlando	80/58/p	82/60/p
Seattle	60/44/c	60/43/p

World Cities

City	Today	Wed.
Amsterdam	48/42/c	48/39/p
Athens	72/54/p	72/52/p
Berlin	52/36/c	48/36/sh
Buenos Aires	77/61/s	73/61/s
Calgary	48/34/r	52/34/p
Dublin	50/39/r	52/43/c
Geneva	42/34/c	45/33/p
Moscow	54/44/p	49/44/c
Rome	62/44/p	63/46/s
Sydney	79/61/s	81/63/s
Tokyo	55/50/r	57/48/r

s=sunny, pc=partly cloudy, c=cloudy, sh=showers, t=thunderstorms, r=rain, sf=snow flurries, sr=snow, i=ice

The Freedom to Argue

Education

Liberty University's debate team is the national champion

The football team doesn't have a prayer, and heaven knows the basketball team needs help. But the debate team at the Rev. Jerry Falwell's Liberty University looks like a mighty David in a land of rhetorical Goliaths.

Liberty's Christian conservatives regularly place at or near the top in the national policy debate rankings, and can credibly argue the "wrong" side of the issue, if necessary, on topics such as abortion and intelligent design.

Falwell sees the debate team's success as a way to put more messengers in the world for the religious right. More than 45 former members of the debate team have become lawyers during the 16 years that Brett O'Donnell has been coach, and Falwell expects some eventually will become judges.

"Every one of these 32 debat-

“Everybody knows [debate is] a game. People don't suddenly think, ‘Oh, Liberty's changed its position.’”

BRETT O'DONNELL
LIBERTY COLLEGE DEBATE COACH

ers is a committed Christian,” the evangelist said in a recent interview. “They will use their platforms to effect moral and social change.”

Since Falwell founded Liberty in 1971, he has had a goal of putting the school on par with large church-affiliated schools such as Brigham Young and Notre Dame.

Falwell said the debate team's success has helped advance Liberty's image academically and made the 23,000-student university attractive to high school students — something he also hopes to achieve through sports, despite the football team's 1-10 record last year.

This year, Liberty became the



Rev. Jerry Falwell, right, with team coach Brett O'Donnell, center, and debaters.

first school to be ranked No. 1 by all three national collegiate debate organizations.

In truth, Liberty's debaters rarely defeat head-to-head the giants of collegiate debate, which include Northwestern and Harvard. But the team piles up the points by taking part in lots of tournaments, mostly at the novice and junior varsity level. The big schools concentrate instead on varsity competitions.

But Falwell was impressed enough to commit more money to the program, whose budget has gone from \$14,000 a year when O'Donnell started to \$500,000 this season. It now has a coaching staff of five and spacious quarters.

College debate teams argue various aspects of one topic all season — this year, it was U.S.-China relations — and the rules of this intellectual exercise require that the debaters

be prepared to argue either side. More than a decade ago, Liberty's students had to argue in support of abortion when the overall topic was privacy rights. Liberty finished in the top 10 nationally that year.

Last month, during a competition at James Madison University, Liberty took a position against the teaching of intelligent design in public schools. Liberty finished third out of 10 teams, behind Yale and Claremont.

“Everybody knows it's a game,” O'Donnell said. “People don't suddenly think, ‘Oh, Liberty's changed its position.’”

Indeed, Liberty students are known for staying true to their faith. “They're one of the few programs that gets up at 5 a.m. to do church services on Sunday mornings in a tournament,” said Pete Bsumek, James Madison's debate coach.

The Liberty students' lifestyle may even give them an edge in a morning round. Other teams “do a lot more drinking and more partying,” said Lindsey Hoban, a senior from Mount Ariel, Pa.

If anything, Liberty debate team members said, the exposure to others' perspectives has reinforced their own views.

“We're explaining our world view to them without beating them over the head with the Bible,” said sophomore Rachel Hassenpflug of Lynchburg. SUE LINDSEY (AP)

build your IT skills

at our Arlington site on the Metro Line

MULTI-CERTIFICATE: Starts April 22
A+/Network+/CCNA/MCP/Security+

CISSP Starts April 29

Web Development Starts May 2

MCSE Windows 2003 Starts May 22

Oracle 10g Database Administration Starts May 31

Call Program Advisor
at 202.687.4504
or email
cpdit@georgetown.edu



CENTER for
PROFESSIONAL
DEVELOPMENT

<http://cpd.georgetown.edu>

ITALIAN

**SPRING/SUMMER
2006**

**Language, Cooking,
& Art Classes For
Adults & Children**

April 23 – July 23

**CASA ITALIANA
Language School**

3rd & F Streets, NW
(202) 638-1348 metro

www.casaitalianschool.org



**Are you
Depressed?**

**Have you been diagnosed with Major Depressive
Disorder or Depression?**

**Have you tried at least one prescription anti-depressant
medication that didn't work for you?**

If you are between 18 and 65 years of age, and have had a poor response to anti-depressant medications in the past, you may qualify to participate in a research study.

If so, you will receive investigational medication and study-related physical exams.

THE GEORGE
WASHINGTON
UNIVERSITY
MEDICAL CENTER
WASHINGTON DC

For Information, call (202) 994-CARE.

www.GWcare.org

The George Washington University is an Equal Opportunity/Affirmative Action Institution.

Styles

Look out

The Shape of Spring



This season's shoes are comfy and natural

This season's trendiest shoe shapes are sure to put a little spring in your step. Comfort has entered the consciousness of the fashion world that offered a steady stream of pointy-toe stilettos for several years. Last summer women rebelled, wearing flip-flops for nearly every occasion.

So, what was on the runways that will soon be on the sidewalks? Wedge heels, ballet flats, peep-toes and spectators.

The new shoe shapes "are getting to be interesting," said Richard Olicker, president of wholesale for Kenneth Cole Productions. "There's chunky shoes and there's platform shoes. That's a trend that's coming at us in many variations — cork, raffia, straw — with footbeds placed on top of them."

Platform is a compromise between form and function, Olicker added. "Platforms give you height without necessarily taking a com-



Spectator-style shoes, such as the one above by Kenneth Cole, offer a crispness that complements some of this season's tailored styles. Kenneth Cole's wedge heels, left, give women the height they crave but offer more support than stilettos.

Kenneth Cole's ballet slipper is easy and versatile — but way nicer-looking than flip-flops.



fort penalty. You're not increasing the pitch as much as a single-sole stiletto pump. ... The fashion benefit is height and sexiness."

A cork-heel style and a floral-pattern wedge are emerging as top sellers of the season, he reports, not

coincidentally because they're complementary to the artsy, handicraft trend of spring's clothes. Two-tone spectators go with nautical looks and black-and-white graphic prints, and peep-toes are feminine yet professional.

Ballet flats, always a popular option, are even more so this year. "Maybe they are getting last year's flip-flop customer," said Olicker. "They're easy to wear, take color well, but they are a little prettier than flip-flops, and they're acceptable for more places."

Espadrilles are also having a banner year, reported Lori Sternthal, marketing manager for Aldo. It's a natural match for Bermuda shorts, short shorts and babydoll dresses, she said.

Soft colors are the best sellers, with white the strongest of all, Sternthal said. White espadrilles are easier to wear than most other white shoes — which can run the risk of looking too much like a nurse's shoe — because of the jute heel and sole. "An all-white shoe is pretty hard to pull off, but an espadrille is white mixed with natural. It's totally neutral," she said.

Also, strappy sandals that criss-cross up the calf are doing well, probably because they can elongate the look of the wearer's leg even if the shoe is flat, Sternthal said. The most popular shoe silhouette for this look is a metallic thong. "It's easy. It's the thought of being barefoot. It reminds you of being on holiday," she added.

"The story that's really standing out is the Mediterranean resort story," according to Sternthal. "It's strong at a fashion level and footwear is the accessory to all these fashion trends."

Meghan Cleary, author of "The Perfect Fit: What Your Shoes Say About You," said the footwear industry has enjoyed years of growth — and that it shows no signs of stopping. "There's a huge trend toward comfort. Women are seeking a cute shoe that is comfortable, and they're willing to try different styles and silhouettes. The wedge gives the height but also more stability. If the wedge has a round toe, you're done," Cleary said, noting that comfort-conscious brands Naturalizer, Aerosoles and Easy Spirit have all moved more fashion-forward.

There still is a place for the classic, black, pointy-toe stiletto, however. "It will always be one of the foundational shoes you need in your closet," Cleary said. "The pointy-toe is slimming and the heel can take off another 10 pounds." SAMANTHA CRITCHELL (AP)

Beauty

Face Time

Slumber partygoers are going to go totally gaga over the new Almay

15 MINUTE

FACIAL (\$7, drugstores).

The pumice-

y paste smells

kind of like glue

and vigorously

tingles at first,

but mellows

as it hardens

on your skin (in

just enough time

to bake a frozen

pizza). Wash it

away to show off a newly

softened, glowing countenance,

helpfully hydrated by the product's

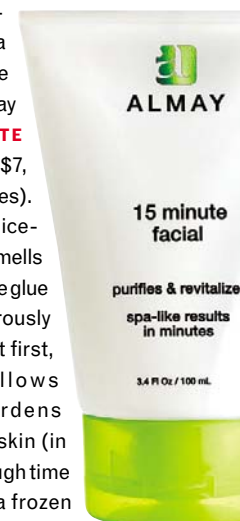
allantoin. Our testers looked clean

without being scrubbed, and they

were oh-so-ready to put on paja-

mas and pop in a Meg Ryan movie.

VICKY HALLETT (EXPRESS)



Beauty



Miracles Can Happen

In the dark underworld of cosmetic testing, you learn fast that nothing is what it seems. Lies drip like honey from the maws of cosmetics giants, who promise to smooth wrinkles with mysterious potions. Then into our office crept KIEHL'S **ULTRA FACIAL CREAM** (\$22.50, kiehls.com). It was different from the rest — simple, humble, quiet. All it promised was to moisturize. We'll try anything once, so we smeared some on at bedtime. The next morning, after tossing and turning to nightmares of overpriced, useless cosmetic products, we stumbled to the mirror. Our wrinkles were barely visible. And our faith? Restored. HOLLY J. MORRIS (EXPRESS)

LOOK out

People

PRODIGALS

She's Like Calvin's Tainted, Worn, Bedraggled Daughter

KATE MOSS will star in a new ad campaign for Calvin Klein, the company said Monday. The model, who first appeared as the face of Calvin Klein 14 years ago, will appear on billboards and in magazines this fall after signing a contract reported to be worth \$900,000. "Kate and the Calvin Klein brand have a long history together and it felt natural to reunite them for this new Jeans campaign, which will inevitably reignite that spark and highlight the sexy, cool essence of both Kate and Calvin Klein," said campaign creative director Fabien Baron. (AP)



Calvin would slay a fatted calf, but Kate would just pick at it listlessly.

FUTILITY

Video Pirates Say 'Arrrrrr'



DANNY DEVITO has partnered with ClickStar Inc., an entertainment company, that plans to offer legal

download of movies still in theaters. The 61-year-old actor-director made the announcement Sunday at the Full Frame Documentary Film Festival. ClickStar, founded in part by Morgan Freeman, plans to start offering movies this fall to help combat movie piracy, DeVito said. (AP)

SNOWBALL, MEET HELL

Publicist Admits Non-Amicable Breakup

Bow Wow and **CIARA** have split, a spokeswoman for Ciara has confirmed. The young couple had dated for nearly a year. "I cannot comment on the reason, but can confirm that [they] have split," said Tracy Nguyen Monday. She also took the unusual step of stating that the breakup wasn't amicable. (AP)



BABIES!

Part the Waters!

It's a boy for actress **GWYNETH PALTROW** and Coldplay singer Chris Martin. Moses Martin, the couple's second child, was born during the weekend in New York City, the office of Paltrow publicist Stephen Huvane said Monday. No other information was being released. Paltrow is 33, the British-born Martin is 29. Their daughter, Apple, will be 2 years old on May 14. (AP)



Star sometimes forgets vanity is a sin.

PRIORITIES

Star Proselytizes For Breast Lifts, God

STAR JONES REYNOLDS urged members of a Somerset County, N.J., church to realize the importance of faith in their lives. "Beauty, wealth and success mean little if you have not developed a relationship with God," she said Sunday at the First Baptist Church of Lincoln Gardens. (AP)

BLAKE'S POV

Vast Conspiracy Still Suppressing the Truth

A Burbank, Calif., judge on Monday denied **ROBERT BLAKE**'s motion for a new trial in the civil wrongful death



case stemming from the slaying of his wife, a court official said. Blake was acquitted in criminal court of murdering Bonny Lee Bakley. Last November, a civil court jury ruled in a 10-2 vote that he "intentionally caused" her death and awarded her children \$30 million in damages. (AP)


dcjobs.com
 Local Jobs. Local Candidates. Local Service.™



OH MY!
IF I POST MY RESUME,
GREAT EMPLOYERS CAN
FIND ME!

Search local jobs.
Post your resume.
Get hired.

a Caring Career
MEDICAL ASSISTANT
 Train in 7 months!



✓ Financial Aid If You Qualify
✓ Job Placement Help
✓ Day and Evening Classes


3 Convenient Locations
DC MD VA
1(888) 407-8222

TOPS
 OF OLD TOWN, INC.

Easter Sale
 Save 15% on all Hats & Suits. Largest selection of designer hats & suits in the area. Many colors available. We carry sizes up to 32.

Don't forget:
Mother's Day is May 14th.

www.topsfoldtown.com
703 836-4511
 2400 Mt. Vernon Ave, Alexandria VA



LOOKout

Palace Material | Edited by Timothy E. Parker

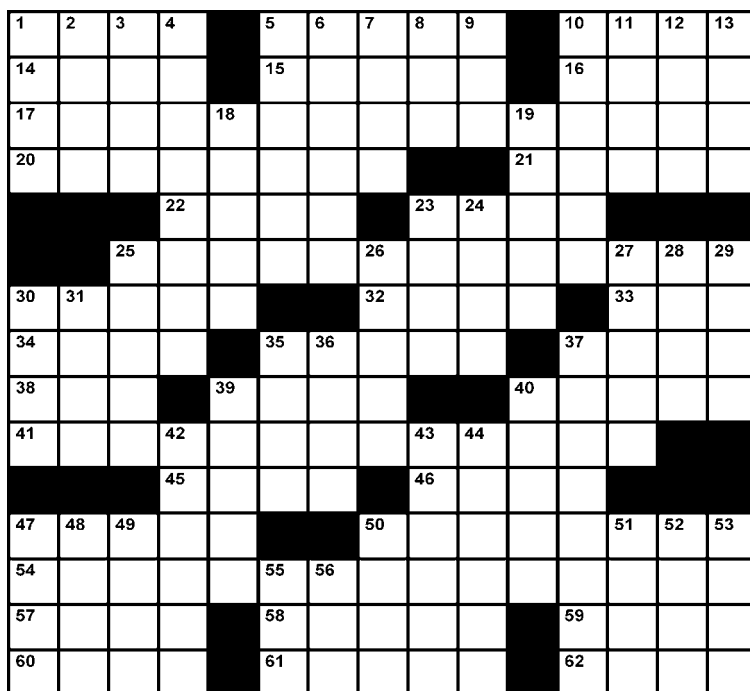
ACROSS

- 1 One of Cain's brothers
5 Workshop gadget
10 Winter bird food
14 Under sail
15 "Midnight at the"
16 Scandinavian capital
17 Xena
20 Objects too small to be specified
21 Field measures
22 Grant a mortgage, e.g.
23 Salinger story subject
25 Roger Miller song
30 Really silly
32 It may be on one's mind
33 Enter a contest
34 Word with interest
35 British currency
37 It's between James and Jones
38 What Vanna may turn over
39 Significant periods of history
40 Spot of land in the sea
41 She said, "Off with her head!"
45 Aspirations
46 Learn partner
47 "Fidelio" for one
50 Laugh track alternative
54 Hamlet

- 57 Ripped
58 Comparatively uncommon
59 Fencing weapon
60 Earned a warning or citation
61 144
62 Boy Scout's undertaking

DOWN

- 1 They have many teeth
2 Hairy one of Genesis
3 Cousin of a gull
4 Uncompromising stance
5 Making baby or dove noises
6 Town in many oaters
7 Egyptian cobras, e.g.
8 Former Russian space station
9 Tire inflation meas.
10 Type of mom
11 Microsoft customer
12 "Do it, or ___!"
13 Easy throw
18 Dunne of "I Remember Mama"
19 Christened
23 School in Britain
24 Spawning fish
25 Newscaster
Couric
26 Impressive poker hand
27 Roundish shapes
28 Billion



add-on

29 Shoulder muscle

30 A land of the Tigris and Euphrates

31 Half of Mork's farewell

35 Teen's big date

36 They're not too nimble

37 Well thought of

39 Pioneer computer

40 Hall of Famer Monte

42 Merited

43 Slips away from

44 Assistants, essentially

47 Chooses

48 Theatrical object

49 Irish Free State

50 Round, bushy hairstyle

51 Neck feature

52 Certain native Canadian

53 ___ out a living

55 Small bit of work

56 Sculling instrument

Yesterday's Solution



Today in History

1689 William III and Mary II were crowned as joint sovereigns of Britain.

1814 Napoleon Bonaparte abdicated as emperor of France and was banished to the island of Elba.

1898 President McKinley asked Congress for a declaration of war against Spain.

1899 The treaty ending the Spanish-American War was declared in effect.

1945 During World War II, American soldiers liberated the notorious Nazi concentration camp Buchenwald in Germany.

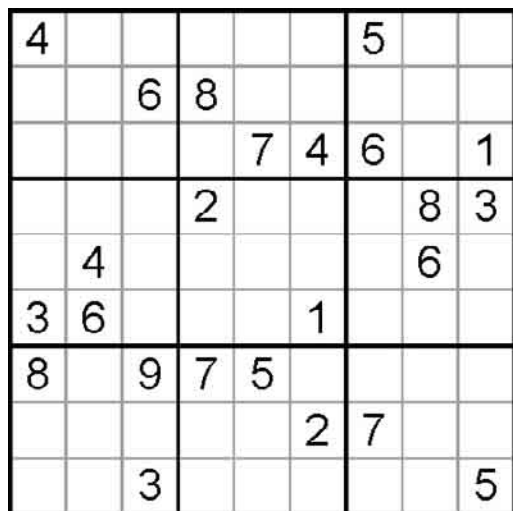
1968 President Johnson signed into law the Civil Rights Act of 1968, a week after the assassination of Martin Luther King Jr.

Su|do|ku | © Puzzles by Pappocom

Degree of Difficulty: MEDIUM

Fill in the boxes so that each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

Yesterday's Solution



Can't get enough Sudoku? Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.

Stratford UNIVERSITY

School of Computer Information Systems

BS IN INFORMATION TECHNOLOGY AAS IN NETWORK MANAGEMENT AND SECURITY

- Emphasis is on PC configuration and trouble shooting, network administration and network management,
- Instructors use team based approach to simulate teamwork as demanded by IT Market.
- Emphasis is on computer systems security including network security and Internet security

AAS IN DIGITAL DESIGN

- Curriculum emphasis is on web design.
- Exposure to emerging technologies in web design and the Internet.
- Team based approach to media design simulates a professional work environment.

Call **1-800-7-my-goal** to enroll
(1-800-769-4625)



EARN YOUR BS DEGREE IN AS LITTLE AS 30 MONTHS!!
EARN YOUR AAS DEGREE IN AS LITTLE AS 15 MONTHS!!

- Financial Aid is available for those who qualify.
- Two convenient locations: Tyson's Corner and Woodbridge.
- Student housing is available in Tyson's Corner.

We Help You Achieve Your Goals!

www.stratford.edu

Main Campus • Tyson's Corner:
7777 Leesburg Pike • Falls Church, VA 22043
Branch Campus • 13576 Minnieville Road
Woodbridge, VA 22192



MASTER'S IN MOLECULAR BIOTECHNOLOGY **NEW!**

COLLEGE OF PROFESSIONAL STUDIES

Pioneering program. Preparation for today's hottest jobs in biotechnology and pharmaceuticals ...

- A focus on applications of bioscience and technology.
- Interwoven topics in business and entrepreneurship.
- Interdisciplinary projects in a rigorous curriculum.

Broaden yourself. Science and engineering graduates, open your career to new product design and development, technology marketing, consulting and more.

This program is sponsored by a grant from the Council of Graduate Schools and the Alfred P. Sloan Foundation.

Information Session

Tuesday, April 25
6:30 pm

805 21st Street NW
Suite 303
Washington, DC
Metro: Blue or Orange Line to Foggy Bottom-GWU

RSVP today!

202.973.1130
cps@gwu.edu

Apply by June 15 and be part of the first class of new graduates!

THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON DC

BRING US YOUR
AMBITION.

www.gwu.edu/gradinfo

How to Find Real Estate for 30% to 50% Below Market Value

DISCOVER THE HUGE SOURCE OF PROFITS MOST REAL ESTATE INVESTORS OVERLOOK



"I can show you from firsthand experience, it can take just a couple hours of your time to position yourself to make tens of thousands of dollars in real estate." J.G. Banks, legendary probate investor

You can buy choice real estate for 30 percent to 50 percent of its market value, sell it quickly for its full price, and make tens of thousands of dollars on just about every investment.

You can do this with single-family houses. Duplexes. Condominiums. Apartment buildings. Strip malls. Office buildings. Ranchland. Farms. All types of real estate.

The reason these bargain properties exist is that they are part of an estate that's in probate. Don't let the word "probate" scare you. There is no legal mumbo jumbo involved. When you acquire real estate that's part of someone's estate, you're simply helping beneficiaries settle the estate by purchasing its assets.

In just a few hours each week — less time than most folks spend watching TV during a single evening — you can learn to cash in with estates by following my easy-to-follow "estate mining system."

A single mom with three teenagers used my system to purchase the home she never thought she could afford. But when you get the property for half price, that's what can make the difference.

In every neighborhood, it's possible that one or two properties, and maybe more, are in probate. You can find profit-making

opportunities close to home. Even areas of town you only dreamed of moving to can suddenly become affordable when the price of real estate drops in half.

To Make Big Money: BUY LOW and SELL HIGH

Rest assured, I'm not talking about rundown foreclosures, bankruptcies, or condemned properties like the slew of so-called "real estate gurus." Properties in probate can be beautiful homes with no mortgage or debt attached, making them some of the cleanest and easiest of all real estate to buy low and sell high quickly.

There is no "For Sale" sign out front, and few people know where to find these properties. But for those who do, it can be a land of riches and the fastest route I know to making big money in real estate.

Why Such Incredible Bargains Everywhere?

Not every beneficiary wants to keep the property they inherited. Perhaps the estate involves people who live out of state and they don't want to change their lives. If a house is willed to more than one person, it's likely the property must be sold to ensure everybody gets their share.

Plus, most beneficiaries want their money quickly. Fifty dollars today is a lot better than the promise of \$100 sometime off in the future. Especially when attorney fees are eating away at that \$100 value. So you have highly motivated sellers who appreciate you're helping them get on with their lives.

Believe It or Not, a 300% Gain Can Be "All in a Day's Work"

The potential to make significant money is huge. For example, if you purchased just one property at a 30 percent discount, and then resold the property for 100 percent of its market value, you'd make about \$45,000 on a property worth \$150,000. And with my system, it may not even take a full week's effort to do this.

But here's how you leverage your money to make gigantic profits... assuming you put down 10 or 15 percent to purchase the property, when you quickly sell for full market value, the gain on your initial down payment could easily be more than 300 percent.

Real estate has long been a proven path to making millions of dollars. Almost anyone can walk along this path, and I believe that no route has more moneymaking potential than the one you'll discover in my FREE workshop.

How to Get the Cash to Buy Properties

In addition to learning why it's possible to regularly purchase real estate for as little as 50 cents on the dollar, you'll also discover it's possible to get the cash to fund your offers to buy properties.

That means you do not have to have money in the bank.

A gentleman from Dallas purchased 18 probate properties his first year.

Another student bought a vacant lot for \$40,000 less than comparable lots on the same street.

You won't find a book on "How to Make Money in Estates" at bookstores. My FREE workshop is the only way to start learning the secrets of "estate investing."

More than \$3 trillion worth of assets are in probate.

It's a buyer's paradise. Yet there are very few real estate investors who know about it.

I guarantee that if you attend my FREE workshop and put yourself "in the know," you'll be positioned to be "in the money" as never before.

TOP FIVE REASONS TO ACQUIRE PROBATE PROPERTIES

- 1 BARGAIN-BASEMENT PRICES:** The probate market is full of fabulous properties you can snap up for 30% to 50% below market value. Get the home of your dreams for your family, or resell quickly and be positioned to capture a lifetime of gains within days. It's the ultimate "Buy Low/Sell High" scenario.
- 2 HUGE INVENTORY:** There are almost six million estates in probate, with assets worth trillions of dollars. Every type of real estate — from houses to beachside motels — are in probate. According to the *Los Angeles Times*, there are nearly 44 times more probate properties than properties in foreclosure.
- 3 BUYER'S MARKET:** Purchasing property out of an estate assures you of a highly motivated seller. Most beneficiaries are **anxious to sell** the house (and other unwanted assets) so that they can pay off debts attached to the estate that must all be settled before the estate can be distributed.
- 4 ALL KINDS OF TREASURES:** Historic architecture, classic cars, fine jewelry, antiques, art, toys, collectibles, and much more enter into probate every day. Millions of items. And they can sit there for years unless you rescue them.
- 5 IT'S A SECRET:** Few people know how to find and purchase property from an estate. Even the beneficiaries don't know how to sell. That means, as a "first in" estate investor, you have little or no competition from other buyers — plus you're helping anxious sellers.

How to Buy Almost Anything for 30% to 50% Off

BUSINESSES. CLASSIC CARS. ANTIQUES. ART. COLLECTIBLES. TREASURES OF ALL KINDS.

There's a whole world of assets beyond houses. To start, there can be commercial real estate including industrial parks and offices. Plus all kinds of personal property — even businesses.

An enterprising young man turned his love for cars, and the knowledge he gained from the J.G. Banks workshop, into a career. The man purchased an auto shop that the beneficiaries had no interest in. He and his brother own and run the business, creating for themselves a potential lifetime of profits from one estate purchase. The flow of wealth didn't stop there. Our student also netted over \$22,000 in profit on four cars. All four vehicles were acquired using the J.G. Banks system.

An estate can be your quickest way to acquire a prime business for pennies on the dollar. You can run it, or sell it quickly for market value and position yourself for substantial gains.

Estate hunting is also a great way to start an e-business, auction off your findings, and cash in on the new, thriving e-based economy.

One of our students made profits of 1,000 percent to 3,000 percent on the possessions he found in estates and then quickly sold. There is a potential windfall in every estate you search.

You can use probate to build a tidy business around just about any item or collectible that interests you. Millions of items, and real estate, end up as "buried treasure" hidden in probate.

Who Should Attend

- Real estate investors
- Business people
- Young entrepreneurs
- Homemakers
- Couples
- Retirees
- Anybody who wants to make money

**ATTEND ONE OF THE FREE WORKSHOPS BELOW...
OR FOR MORE INFORMATION GO TO
www.JGBanksPreview.com**

NEW

J.G. Banks' SECRETS OF PROBATE PROFITS

JGB207AFP - Washington WK 16

FREE ADMISSION

Monday, April 17, 2006
1:00 p.m. or 7:00 p.m.

**Falls Church Fairview
Park Marriott**
3111 Fairview Park Drive
Falls Church

No obligation.
Reservations not required.

FREE ADMISSION

Tuesday, April 18, 2006
1:00 p.m. or 7:00 p.m.

**Rockville
DoubleTree**
1750 Rockville Pike
Rockville

No obligation.
Reservations not required.

FREE ADMISSION

Wednesday, April 19, 2006
9:00 a.m. or 1:00 p.m.

**McLean Tysons
Corner Hilton**
7920 Jones Branch Drive
McLean

No obligation.
Reservations not required.

J.G. Banks Institute™ (JGBI) is a trademark of Business Skills Corporation. JGBI is a training institute, and individual performance depends upon the individual skills, time availability, and dedication of each student in the training program. Testimonials included may not represent typical results. Unique experiences and past performances do not guarantee future results. JGBI, its owners, employees, and affiliates do not give investment or financial advice and are not licensed as brokers by or registered as advisors with any federal or state agency. JGBI encourages consultation with a licensed representative regarding any particular investment or the use of any investment strategy. v1

PHYS ED

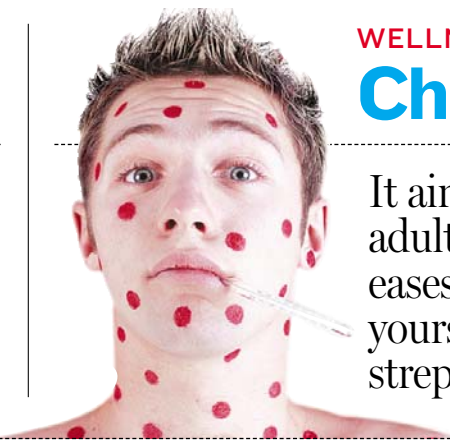
Spring Sprinting



Weight training can help bikers build power and endurance for hardcore rides | **E4**

WELLNESS

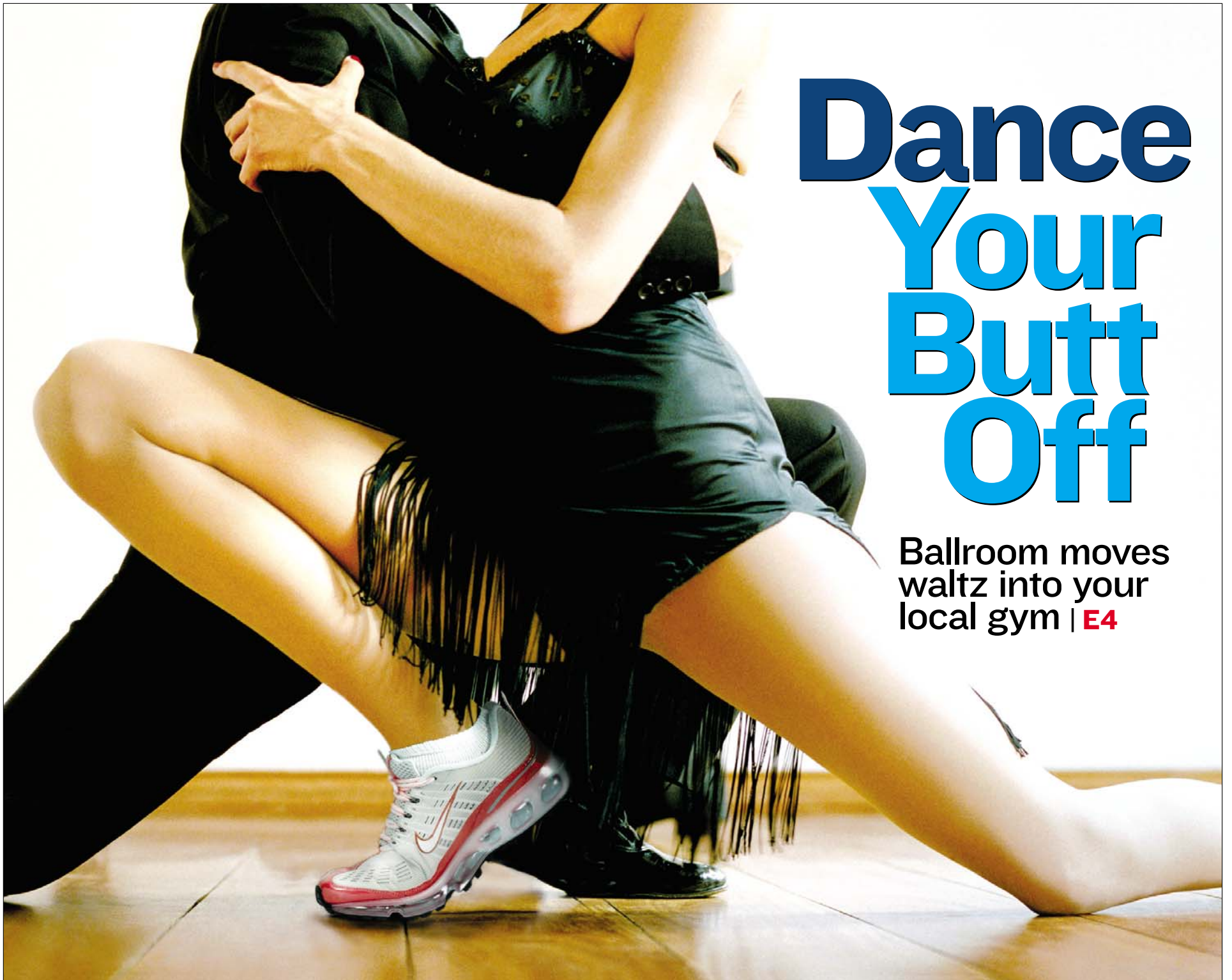
Child-Proof



It ain't pretty when adults catch kid diseases. How to save yourself from pox, strep and more | **E6**

express

EXERCISE, NUTRITION, WELLNESS AND MORE TO HELP YOU LOOK AND FEEL YOUR BEST | APRIL 11-17, 2006



Dance Your Butt Off

Ballroom moves waltz into your local gym | **E4**

PHOTO ILLUSTRATION/GETTYIMAGES/EXPRESS

➔ The star of 'Honey We're Killing the Kids!' scares families into ditching junk food

BaggageCheck

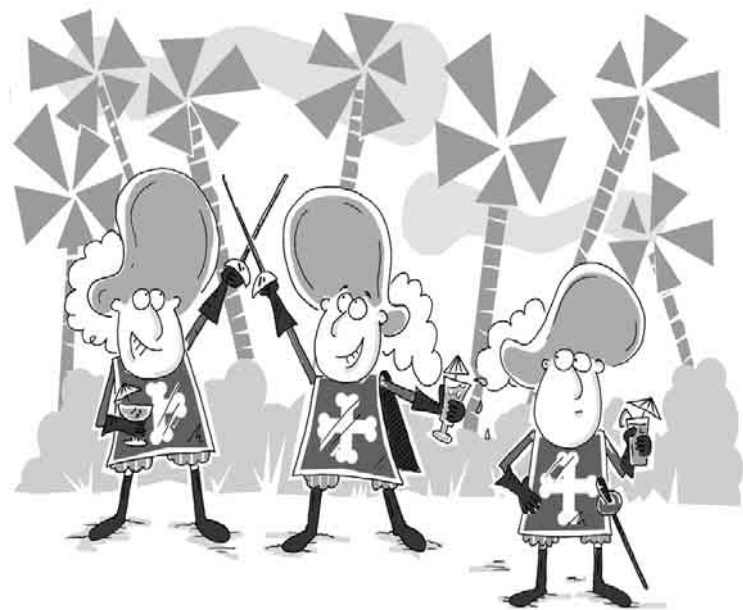
GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



Wrangling Ex-Friends and Distant Bosses

Q Though I live quite some distance from two of my friends, when we get together we're inseparable (so much so that people call us the Three Musketeers). There was some talk about whether one the two and I were more than just friends, though nothing happened. Recently, this person stopped contacting me or responding to my messages. I tried to find out what was up, but got no real answers. So I gave up. Which is all well and good, except that a group of us, including this guy, are all going on vacation next week. I've made up my mind to be pleasant and friendly, but it's still going to be stressful. Any thoughts? —ALEXANDRIA

Well, that's certainly my idea of a first-rate vacation — livin' it up with someone who no longer wants to be friends with me. "Pleasant and



ERIC REECE

friendly" is a great start; it's the exact opposite of the treatment your ex-friend has shown you, so if you can disregard that and choose to sip umbrella-adorned drinks within 10 yards of this dude, it seems you

already have some social superpowers and don't need much help. Rest assured that if you focus on enjoying yourself, remember that this is about him and not you, and give yourself space or time alone when

you're uncomfortable, then peace should be found easily. Unless, of course, there are actual muskets involved.

Q I work for a large company where I do not have personal relationships with any of my supervisors. I'm in a tough spot, because I need to take many days off. After a car accident six years ago left me with chronic pain, I became dependent on painkiller. I've decided to take charge of the situation and seek treatment, but I'm worried about my bosses judging me. Company policy says taking this time is within my rights. But I'm worried about subtle discrimination and I don't know how to approach this. —DILEMMA IN DC

Large companies usually sport more perks than just plush chairs in the bathrooms. One is HR departments that, when solid and competent, can serve as logistical support for issues too personal to delve into with a boss. Nonetheless, you'll be best off if you show your supervisors the respect of letting them know, as much as you can,

what's going on. You needn't get into the nitty-gritty, but ambushing them with a long absence will leave a less-than-lovely taste in their mouths, no matter what the sabbatical's cause. Treat them with

"Peace should be found easily. Unless there are actual muskets involved."

professional consideration and give them the benefit of the doubt, and they'll be much more likely to do the same for you.

And if they do have unkind thoughts? You're taking such a positive step that you'll undoubtedly come back stronger and more sure of yourself — which puts you in a prime position to prove their doubts false. Good for you for taking charge.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D. at baggage@readexpress.com. This column is not a substitute for one-on-one care.

SAY GOOD-BYE TO YOUR FAT PANTS.
Curves introduces the end of dieting as you know it.

Introducing the Curves 6 Week Solution. Six weeks of small, intimate nutrition classes where you'll learn how to lose weight and keep it off for good. Classes begin April 17th. The power lasts forever. Six-week program for just \$69. Includes a tote bag full of the tools you need to help you reach your goals.

Over 9,000 locations worldwide.

Curves

The power to amaze yourself.®

VIRGINIA
 Curves of Braemar
 703-257-7400
 Curves of Burke
 703-250-7313
 Curves of Cherrydale
 703-243-4339
www.curvesofarlington.com
 Curves of Clarendon
 703-387-2474
www.curvesofarlington.com

Curves of Crystal City
 703-415-1116
www.curvesofarlington.com
 Curves of Dale City
 703-580-5880
 Curves of Fairfax City
 703-591-7655
 Curves of Gainesville
 703-753-2499
 Curves of Haymarket
 571-261-3366

Curves of Kingstowne
 703-971-9011
 Curves of Lake Ridge
 703-497-4244
 Curves of Lorton
 703-530-9188
 Curves of Manassas
 703-530-7676
 Curves of Manassas
 Parkridge Center
 703-530-9188

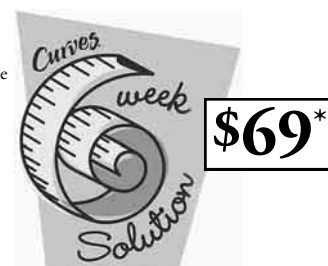
Curves of Merrifield/Fairfax
 703-208-7100
 Curves of Reston
 703-467-5900
www.curvesofreston.com
 Curves of Shirlington
 703-379-0305
www.curvesofarlington.com
 Curves of Springfield
 703-440-8989

curves.com

Curves of Virginia Square/
 Ballston
 703-807-5895
www.curvesofarlington.com
 Curves of West Springfield
 703-451-8511
 Curves of Woodbridge
 703-490-2667

MARYLAND
 Curves of
 Gaithersburg West
 240-632-1411
 Curves of Germantown
 301-540-5800
 Curves of Kensington
 301-962-9494
 Curves of Middletown
 301-371-0240
 Curves of Silver Spring West
 301-326-0321

DISTRICT OF COLUMBIA
 Curves of Capitol Hill
 202-544-4403
 Curves of Downtown/Dupont Circle
 202-429-2878
 Curves of Petworth
 202-722-5991



Prices may vary. Void where prohibited. Offer valid at participating locations.



↑ The New Faces of Laces

VELCRO WAS NOT HIGH-TECH enough for the footwear masterminds at The North Face, who set about inventing their own tie-free shoe closing system. They dubbed the result "Boa," which makes its debut on the Endurus XCR BOA Trail Running Shoe (\$130, in men's and women's sizes). The laces resemble thick wires, and although they crisscross up the shoe's tongue just like the regular kind, you don't have to touch them to make adjustments. Instead, there's a wheel at the back that pops up like a child-proof medicine cap; it can be twisted to either tighten or loosen the fit. So voila, no more untied laces and stupid-looking tripping. And no more fuzz trapped in your Velcro either.

→ Plastic Bottles Of Inner Peace

MONKS PERCHED ON TOP

of mountains are getting a raw deal, according to the makers of Liquid OM (liquidom.org), a new variety of bottled water that's "infused to the frequency of OM." All that one truly needs to achieve balance is the frequency of the earth as it revolves around the sun (136.10 Hz @ 432.10 Hz) — and that can be had by drinking this ultrapurified H₂O. If you tip your ear to the mouth of the bottle, you can hear an eerie hum that's reminiscent of a sea-shell, which freaked out our testers. But it turns out that was just because of the shape of the bottle.

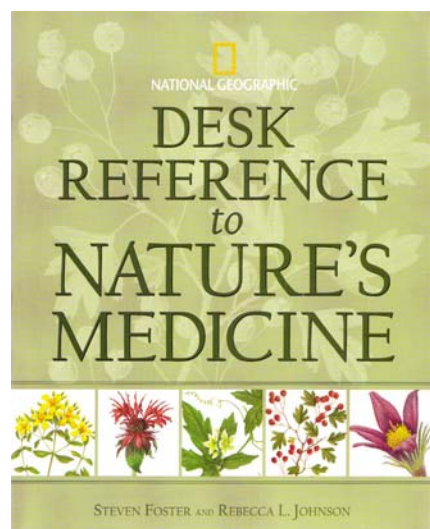
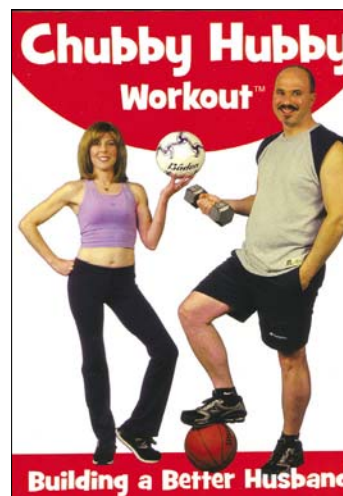


NEW
IN HEALTH
**warm
ups**

→ Honey, You're Fat

IF A MAN GAVE A WOMAN "The Wide Wife Workout," she would tear off his head and use it as a planter. And yet, trainer Sharyn Pak's

"Chubby Hubby Workout" (\$15, onairvideo.com) is wholly inoffensive. Yay double standards! This low-budget DVD is geared toward older, out-of-shape fellows who need to ease back into exercise with an extremely gentle routine. Like a manly mime, Pak's husband, Larry, silently demonstrates as an off-camera Pak leads him through stretches, moves using props (a baseball bat, a basketball), martial-arts kicks and more. At first Larry telegraphs self-conscious boredom, but soon he's really getting into it. Our test chubby hubby was skeptical that any man would submit to a workout video, however.



← Herb Your Enthusiasm

WORRIED ABOUT a "Lost"-style misadventure on your next overseas flight? Stash the "National Geographic Desk Reference to Nature's Medicine" (\$40) in your carry-on and you'll be set for constipation (senna), headache (wintergreen) and murder (monks-hood). It's not a manual, however: The book doesn't tell you how to dose yourself, but rather summarizes the historical uses of each plant as well as promising scientific research.

PRODUCTS

GuineaPig

New Evidence: Kids Are Freaky

A willingness to put anything up one's nose does not qualify a child to mete out judgment on matters of journalistic gravity. That's why we adults shouldered the testing of Children's Tylenol with Flavor Creator Packets (\$9.50, drugstores), a fearsome gimmick designed to make being sick fun.

Children's liquid medicines are universally red-flavored — kinda cherry, kinda strawberry, tooth-achingly sweet. That's red fla-



vor. Here's how Flavor Creator kit riffs on it: Pour the red-flavored "Cherry Blast" Tylenol into the dosage cup. Open what looks like a midget pixie stick and dump the sugar-free powder onto the syrup. Do not mix, the instructions implore. The powder will stare up at you like a baleful, flavor-packed eye. Stare back, then drink. Note how the powder adheres to your teeth, tongue and palate. Observe that it tastes more like cornstarch than bubblegum, green apple, chocolate or strawberry. Run for water. Ponder whether, as a child, you would have ingested this substance. Remember how you liked eating toothpicks, and admit defeat. HOLLY J. MORRIS (EXPRESS)

Lap Land Requires Pool Protection

How to find goggles that will keep your eyes safe and dry

GUSSY UP GOGGLES all you want, but if they don't keep water out of your eyes, they're no good. That's why Susan Sarubin, the pro shop director at Baltimore's Meadowbrook Swim Club (where Michael Phelps used to splash), insists on the suction test: Put the goggles over your eyes without using the strap, press

down and let go. If they stay on for a few seconds, they fit. "People will come in and say, 'I want the best goggles,' but until we try them out on their faces, I'll have no idea what that is," she said.

Once you know your eyes will stay dry, think about comfort. Some of the fancy models used for racing cut back on drag, but can cause discomfort during long lap sessions. As for lenses, most are anti-fog these days, but you'll have to pick whether you want clear, tinted,



Swim masks help you avoid ugly marks.

mirrored or polychromatic, which change their tint based on ambient light. Outdoorsy types might wanna pony up more for the latter's extra sun protection.

The latest trend is to avoid those goofy goggle marks around the eyes by using swim masks, such as the ones in Aquasphere's SEAL line. "Skin gets thinner [with age], and if you're in your 40s or 50s, the rings don't go away for an hour," Sarubin explained. With masks, which rest lower on the face and don't cause the circles, folks can keep their eyes dry while avoiding embarrassment out of the pool. VICKY HALLETT (EXPRESS)

VITALSTATS

\$4.4

THE AMOUNT, IN BILLIONS, THE MEDICAL TOURISM INDUSTRY IN ASIA IS EXPECTED TO GENERATE PER YEAR BY 2012, AFP REPORTED.

| THE EXPERTS

TrainReaction

Sprint Break

Q I'm a relatively well-trained biker, but I feel I could benefit from a lower-body weight-lifting plan to make my hill climbs easier and my sprints faster. Any ideas?

Climbing hills requires lower-body endurance, while sprinting requires power and explosion, so you'll need two leg workouts. Do each once a week, with 48 to 72 hours of rest between.

The first session will concentrate on muscle endurance. Choose only exercises involving the knee and hip — squats, leg press, lunges and step-ups, and work out for the same amount of time you spend climbing hills on your rides. Do the maximum number of sets you can, with little or no resistance, until fatigue.

The second workout focuses on power and explosion. Start with bounds (jumping from one leg to the other). Move on to single-leg squats, lunges and step-ups. Use moderate resistance and keep your sets at 25 to 30 seconds. Explode through the motion, exhaling as you push the weight. Take a deep breath as you lower the weight.

To minimize soreness, do the workouts in the above order. That ensures you'll train high-endurance muscle fibers prior to the powerful "fast twitch" fibers that fatigue rapidly.

Matthew Blair Davis is an award-winning personal trainer and president of Functional Revolution Fitness (functionalrevolution.com), which provides private personal training for Northern Virginia and D.C. E-mail him at matt@functionalrevolution.com.



Instructor Andres Ocando, center, hasn't seen the movie "Take The Lead," but he teaches his students to dance like he has.

Bod of the Dance

Bending the rules of ballroom for a workout twist

When his unruly posse of teens resists learning the box step in the new film "Take The Lead," Antonio Banderas' character enlists the help of a curvy blonde who leaves the urban youngsters jonesing to cha cha.

But all Antonio may have needed to do was flip on "Dancing With the Stars," the ABC dance-off that's boosted ballroom from relic to rage. Not only do goofy celebs make the moves bewitching, they also let viewers sneak peeks at their sweaty practice sessions. John O'Hurley, aka J. Peterman on "Seinfeld," dropped 20 pounds during the first season, and it seems his transformation has convinced

others that they, too, can waltz their way to a slimmer waistline.

Thus, to coincide with the movie opening last Friday, Washington Sports Clubs unveiled its newest workout class: Take The Lead. Based on the film's notion that snooty cotillion types could use a dose of bump-and-grind, instructor Andres Ocando meshes classical sashays with seductive body rolls into a partner-free routine.

"Hip hop is all about being casual and loose, and ballroom is exactly the opposite. It's about being elegant and tall," said Ocando. "It's the perfect mix of cardio and dance," said student Amra Alirejsovic, who loves that she can get a taste of the tango ("It's my favorite dance of

all") at the gym.

Latin dances have shaken their way into health clubs over the past few years with a popular fusion workout called Zumba. But this

Nobody can get through this class in heels and a skirt or suit.

class marks the first time WSC has dabbled in traditional ballroom. Allyson Donnelly, director of group exercise, plans to change that. "Ballroom is so hot because

it's a full body workout. It's low-impact, joint-friendly, you're not jumping up and down," she said. The Take The Lead classes are likely to be extended beyond their current two-week trial run at the Dupont Circle and Glover Park locations, and later this spring, the

BALLROOM AND CHAIN

■ Washington Sports Clubs classes are only open to members, but anyone can get a free one-week trial at mysportsclub.com. Borzych's Sunday class at McLean's Sport & Health is open to non-members for \$12 a session (For more information see sportandhealth.com or dcballroomdance.com). Find Zumba teachers at zumba.com.

club plans to introduce more ballroom classes with a greater emphasis on technique.

The concept sounds familiar to Todd Borzych, who conjured up DanceSport Endurance three years ago to keep pro dancers fit while training for competition. He decided to experiment by trying out the hyper-cardio/ballroom mix on regular folks at a gym. "In a traditional ballroom class, you stand around watching technique. We go from one dance to another, so it's like three or four hours in one," explained Borzych, who offers the class at the Tysons and McLean locations of Sport & Health.

He's not so meticulous about technique, but students still manage to pick up the moves through repetition. And like the WSC class, everyone dances without a partner and wears workout duds. "Nobody can get through the class in heels and a skirt or a suit," Borzych advised. "You'd get too sweaty."

Getting a little dirty may be the twist ballroom needs to keep this boom going, anyway. And Antonio Banderas could come in handy too.

VICKY HALLETT (EXPRESS)

running for congress

■ Representative Jeff Flake

WHEN JEFF FLAKE is home in Arizona, he hits his Mormon church's basketball court at 5:30 a.m., often with one of his sons. Those skills come in handy when he plays on the Republican congressional team, which creamed the Democrats in their annual match a few weeks ago. v.h.



"Basketball forces you to run. That's the only thing that can motivate me that early in the morning. I grew up on a ranch and I used to have to get up and milk a cow, so it's not as painful as that."

"I have one baseline move. It works until people figure it out. The political joke is, 'Flake always goes right.'"

"When I'm in D.C., I run on the Mall late at night — sometimes at 10 or 11. I do it earlier if I can. If you avoid the receptions and go running instead, it's a twofer."

"I had a goal when I turned 40 three years ago. I had to run a sub-six minute mile and dunk a basketball. Now I never need to do that again."

VITALSTATS

16.5

THE NUMBER, IN MILLIONS, OF PEOPLE WHO PRACTICED YOGA IN THE U.S. LAST YEAR, ACCORDING TO A STUDY BY YOGA JOURNAL.

Athletes Stay on Track

Fitness-focused GPS gadgets map routes and monitor goals

Cyclists, runners, walkers, even some swimmers and windsurfers, have now gone global.

Using small global-positioning devices, outdoor athletes are mapping their routes, tracking their distance, speed and elevation — even creating their own virtual training partners, ones that beep instead of speaking when athletes are ahead of, or behind, their target goals.

"If you're a gadget person," said Bruce Mosier, an avid runner and hiker from Santa Monica, Calif., "GPS is one of those things you absolutely need."

Mosier isn't alone. Many of his fellow runners treat their workouts like carefully controlled science projects, comparing progress and sharing maps. "My joke is people who own a Garmin are people who say, 'I ran 6.7 miles today,'" he said. Since 2002, when Timex, in partnership with Garmin, intro-



Strap Garmin's Forerunner 201 onto your wrist for a virtual training buddy.

duced a wristwatch with GPS, sales of portable sport units have soared. Garmin expects sales of fitness-related units to increase 15 percent next year.

The newest generation of high-end fitness units not only maps routes and track distance, speed, elevation and calories burned, but also provides accessories important to the purist, such as heart rate monitors and barometric altimeters. (That last handy fea-



ALAN THORNTON/GETTY IMAGES

ture allows users to track changes in ambient air pressure.)

Athletes who must know where they've been, how far they've gone — and their performance getting

there — now have about a dozen models from which to choose.

Such technology is heady stuff for die-hard running and cycling enthusiasts, many of whom appreci-

ate a good gadget, particularly one that adds a measure of control to a workout. And now all this alluring technology is available on something just about everyone has at his or her fingertips: a cellphone.

Sprint Nextel recently introduced BiM Active, a subscription feature for \$9.99 a month that turns the phone into a GPS unit. A user can flip open a phone and toggle to BiM Active, input what type of exercise he or she plans to do, and the phone will map the route while continuously calculating and charting elevation, distance traveled and miles per hour. This data can be transferred to a Web site that serves as a virtual training club.

Like BiM, Garmin offers a Web training partner. It recently purchased MotionBased, a site that analyzes uploaded data. Access to motionbased.com and bimactive.com are free, although motionbased.com requires upgrades (\$11.95 and \$7.95) for full service.

Launched Feb. 7, BiM Active is still a work in progress as its developers continue to add features. The site is also evolving, with new features such as a calorie-counter being added at a rapid clip.

JANET CROMLEY (LOS ANGELES TIMES)

expressercise

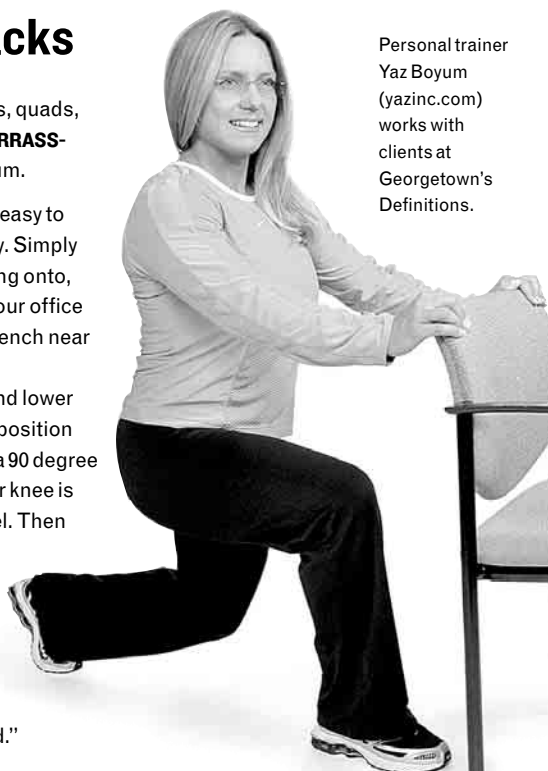
COMMUTE AND CUBICLE CONDITIONING

Lunge Backs

WORKS YOUR: Glutes, quads, thighs. **PUBLIC EMBARRASSMENT FACTOR:** Medium.

■ Butt betterment is easy to squeeze into your day. Simply find something to hang onto, such as the back of your office chair or an outdoor bench near your bus stop.

■ Take a step back and lower yourself into a lunge position with your leg bent at a 90 degree angle. Make sure your knee is directly over your heel. Then switch legs back and forth to isolate the flabby flesh around your behind and thighs. As Yaz says, "Lunge back, but forge ahead."



Personal trainer Yaz Boyum (yazinc.com) works with clients at Georgetown's Definitions.

Have You Tried Everything To Lose Weight? The Serotonin- Plus Weight Loss

Program Offers A Real Solution



Robert Posner, M.D.

A medically supervised weight loss program that can help you:

- Lose Weight Safely and Effectively
- Regain your Confidence and Self-esteem
- Increase your Energy
- Look Better in your Clothes
- Average 35 Pounds of Weight Loss in 12 Weeks
- Stop your Cravings

**Call us for a free consultation. 888-577-7587
or visit us at www.spdiet.com**

**Lost 45 Pounds
DONNA**



**Lost 28 Pounds
MARY LOVE**



Tell Us You're Kidding

Children's diseases can attack adults like a ton of virulent bricks

You may have been the only one in second grade to avoid chicken pox. But your overprotective, germ-phobic parents may have done you a disservice by denying you the lifelong immunity that comes with the itchy illness.

Chicken pox and other kids' diseases can be even more insidious when caught by adults. Here's what you need to know about kiddie conditions and how to protect yourself.

Chicken Pox: WHAT'S THE WORRY?

Not only are adults more prone to congestion (along with a high fever and intense itching), they're also more likely to contract pneumonia due to a weakened immune system. The virus can also lie dormant in the body and resurface years later as shingles, an agonizing rash of blisters.

WILL YOU GET IT? Not likely if you've had it or been vaccinated. The vaccine works in more than 90 percent of people, said Tom DeWitt, M.D., director of general pediatrics at Cincinnati Children's Hospital. Of adults who contract chicken pox, 20 percent will get pneumonia and 10 percent will get shingles.

WHAT DO YOU DO? Make like a "Survivor" contestant: Lie around and drink lots of water. Take a fever-reducer, such as Tylenol or ibuprofen, and a diphenhydramine like Benadryl to relieve itching. Ask your doctor about newer antiviral prescription medications like acyclovir that can diminish symptoms. A calamine rub or oatmeal bath will quell some of the itching.

Fifth Disease: WHAT'S THE WORRY?

In kids, this common virus spurs cold-like symptoms and a rash that starts on the cheeks and then spreads to the trunk, arms and legs. (It's dubbed "fifth disease" because it was among the five classical rash-associated infections of childhood.) It's contagious (through sneezing, coughing and touching), and there's no vaccine. If left untreated in adults, it can lead to arthritis, said Peter Katona, M.D., an associate professor at UCLA School of



GETTY IMAGES

Medicine.

WILL YOU GET IT? If you come in contact with kids, it's hard to avoid. About 80 percent of adults with fifth disease will get mild arthritic symptoms that may linger even post-virus.

WHAT DO YOU DO? You just have to wait out the typical seven- to 10-day infection. Take aspirin or ibuprofen to relieve the joint pain, swelling and fever. If the rash itches, a calamine rub or an oatmeal bath again provides the best relief.

Strep Throat: WHAT'S THE WORRY?

It's the same as the kids' version — the scalpel-in-the-throat feeling, fever, difficulty swallowing, swollen glands. In adults there's a slight chance that an untreated case of streptococcus bacteria can turn into rheumatic fever, a recurring inflammatory disease that has symptoms like joint pain and skin rashes and can lead to damaged heart valves.

WILL YOU GET IT? There's only a 3 percent chance that strep throat

will develop into rheumatic fever, and most strep cases in adults have mild symptoms.

WHAT DO YOU DO? If you suspect you've got strep, hightail it to your doctor, who can prescribe antibiotics such as penicillin or erythromycin to clear up the infection.

Whooping Cough: WHAT'S THE WORRY?

This respiratory tract infection can bring on one helluva bad cough, though adults may not

Adults with chicken pox are more prone to pneumonia.

suffer the severity of symptoms that kids do (like the nasty hacking that brings up thick phlegm).

WILL YOU GET IT? While the Centers for Disease Control and Prevention estimates that about 1 million cases of whooping cough occur annually in the United States, there are no permanent aftereffects. But the cold-like symptoms and severe cough can linger for four to six weeks.

WHAT DO YOU DO? Your doctor will usually diagnose you using a blood test or a nose or throat culture. The most likely treatment is erythromycin. With meds, you should feel better in a week or two.

SHARON ANNE WALDROP (WOMEN'S HEALTH)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Are your arm and leg muscles stiff, crampy or both? Are you sweating more than usual? Do there appear to be worms squirming wildly beneath your skin? And you're more than likely under 40? You might have **ISAAC'S SYNDROME**. This rare neuromuscular disorder occurs when motor neurons (the nerves that tell muscles when to move) go haywire and begin firing continuously. This causes what doctors evocatively refer to as "bag of worms" movement in the muscles. It's entirely involuntary — folks with Isaac's will keep on twitchin' even when they're asleep or under general anesthesia. There's no cure, but anticonvulsant drugs can help control the symptoms.

SOURCE: NATIONAL INSTITUTE OF NEUROLOGICAL DISORDERS AND STROKE. NOT A SUBSTITUTE FOR MEDICAL CARE.

STUDIES

Stethoscope



Booze Is Good Again

It's another victory for the Bottoms Up! faction of the Booze: Good or Bad? war. Columbia University researchers, corroborating similar studies, found that women who imbibe twice a day have sharper thinking skills than those who drink little or none. This study spanned more ethnicities than earlier efforts, looking at white, black and Hispanic women. No association between booze and brains was found in men. (Insert snarky comment here.)

Watch This Algae

While sticking algae in one's eye is generally undesirable, it does wonders for blind mice. For a study funded by the National Eye Institute, rodents were bred with no rods and cones, the light-sensitive retinal cells that send info to the brain. No cells, no signal, no sight. (This is the M.O. of the degenerative eye disease retinitis pigmentosa.) Scientists inserted a light-absorbing protein from green algae into surviving, non-light-sensitive retinal cells, which started responding to light and sending signals to the brain's visual cortex.

Stubbornness: It Kills

Obstinacy and ignorance cause cancer! Another way to phrase the same concept: If everyone followed basic precautions, at least half of all cancer deaths could be prevented, according to a study by the American Cancer Society. This is rudimentary stuff, people: Don't smoke, eat healthy, exercise, wear sunscreen, don't get fat and use screening tests for early detection. Isn't it so crazy how you're told this stuff for a reason?



In Your Outbox: Germs

How to keep bad bacteria from colonizing your workspace

You swear by the office bathroom drill: Wash hands, dry hands, use paper towel to open door, maneuver elbow and leg to move door, and return — skin untouched by germ threats — to your desk.

Where, on average, about 21,000 germs per square inch await you — or 400 times more than the toilet seat you were so worried about. Your workspace needs some sanitation love, too. Our disinfecting tips will get you started.

Know Thy Enemy

Germs thrive on human touch, so anything that gets regular contact — telephone, mouse, keyboard — is a threat. “You’re touching about 30 objects per minute in your workspace,” says germ guru Charles Gerba, Ph.D., a microbiologist from the University of Arizona, who recently conducted a study of

germs in the workplace. Among his findings: The humble cubicle is the germiest place in the office.

Grab a Wipe

Wipe down your space daily with a disinfectant — a chemical agent that kills microorganisms (plain ol’ water won’t deep-six germs). Handy dispenser wipes like Clorox Disinfecting Wipes and Lysol Sanitizing Wipes run only about 10 cents a sheet.

Play Defense

Don’t just wash your hands in that bathroom ritual; scrub ‘em, says Jack Brown, Ph.D., author of “Don’t Touch That Doorknob! How Germs Can Zap You and How You Can Zap Back.” “The scrubbing motion dislodges the organisms from the surface,” he says, adding that a thorough wash should take about 45 seconds.

Use Alcohol

If you’re desk-confined, disinfect your hands with a sanitizer that contains alcohol, such as Purell Instant Hand Sanitizer. “Alcohol is a drying agent,” Dr. Brown says. “It tends to pull water away from the organisms, and that harms them.”

Avoid the Crowd

Shared space like the office kitchen is a germ magnet. “About 20 percent of the office cups contain coliform bacteria, which is related to fecal contamination,” Dr. Gerba says. Opt for a paper cup, or keep your own mug and wash it regularly with dish soap and a paper towel. And when possible, pass on control of the PowerPoint remote in the conference room — the gadgets registered some of the highest bacteria levels in Dr. Gerba’s study.

(WOMEN’S HEALTH)



Drink to Your Health With Acai

Whole Foods and other trendy health stores are stocking up on goodies packed with acai, a berry from the Amazon being touted as the next pomegranate — except with even more antioxidants. The superfruit also boasts impressive amounts of fatty acids, fiber, calcium and iron. And now that Oprah’s started talking it up, it’s sure to become a staple of American yuppie diets. Jennifer Elmore from Natural Amazon products will be offering free samples of ACAITwist, a drink blending acai with guarana (an Amazonian plant with energizing properties), at The Z Lounge in The Sports Club/LA (1170 22 St. NW) on Wednesday from 6 p.m. to 8 p.m. (EXPRESS)

GET THE WEIGHT OFF NOW! REDUCE BODY FAT NOW!

*Intense Strength Training, High Protein - Carb Conscious
Get Your Shape Back! Get Firm And Tight!*

- Avoid the crowds — 6 per group to 12 per group
- Special classes for 40+
- Cardio
- Lose 3–4 dress sizes
- MEN Get Your Physique Back
- Fitness programs for obese children ages 12-17
- Kids, get in shape for back to school & sports

Call G.I. Jane and buy a spot!
Open Mon-Thu 6 am – 8 pm



GI JANE BOOTCAMP
202-547-7906

426 8th St. SE, Eastern Market Metro
WWW.GIJANEFIT.NET

American Diabetes Association.

DIABETES Expo

American Diabetes Association.
Cure • Care • Commitment

HEALTHY EATING, ACTIVE LIVING

**SATURDAY,
APRIL 22, 2006**

**WASHINGTON
CONVENTION CENTER
Washington, DC**

10:00 am-5:00 pm

The Largest Expo Dedicated
to people with Diabetes

Retail Sponsor



Media Sponsors



General Admission—FREE

- Exhibits Featuring the Latest Products & Services
- Questions Answered by Medical Professionals
- Exciting Lectures
- FREE Health Screenings
- Cooking Demonstrations

Register online and receive 101 Tips for Staying Healthy with Diabetes (a \$15 value) for \$1.00 shipping and handling.

Visit www.diabetes.org/DCEXPO

For more information, call 1-888-DIABETES or visit www.diabetes.org/DCEXPO

ZOOM! 1-Hour In-Office Teeth Whitening 50% OFF!

NEW PATIENT SPECIAL:

Cleaning, X-Rays, and Full Examination!

\$69

Emergencies Welcome



BERKSHIRE DENTAL CARE

4201 Massachusetts Ave., NW, Suite 1040-C
Washington, DC 20016

202-244-3902

www.berkshirefamilydental.com

IT'S UNBOUND TO BE A GREAT WEEKEND

WeekendPass. Thursdays.

express

fit | Looks

Pour Some Sugar on Me

Cut sweets from your diet and spread them on your skin instead

When life gives you lemons, add some sugar. But if you really want to feel better, skip the lemonade bit and make a spa appointment instead. These sugar treatments with a citrus kick are a little sweet, a little tart and a lot fun. STEPHANIE JONES

NAIL BITER: Fall into a vibrating massage chair and dip your toes in a warm footbath during the Willard's Lemon Sugar Pedicure (\$70, 45 minutes). "Sugar is gentler than salt, which can be rough and irritating to the skin," explained manicurist Socheat Sung, who exfoliated and smoothed our tester's tootsies and calves with June Jacobs Lemon Sugar Body Polish and Citrus Purifying Shower Gel. Rich, moisturizing Citrus Foot Rescue was slathered on with a brush; then came a massage and OPI nail polish. Our guinea pig then padded across white towels



The stuff of sugaring: A viscous mix of sugar, lemon, water and herbs.

(so as not to muss her freshly painted toes) to the Lemon Sugar Manicure (\$50, 30 minutes), which uses a mask with papaya, mango and pineapple enzymes to gobble up dead skin cells.

→ *The I Spa at the Willard: 1401 Pennsylvania Ave. NW, 202-942-2700; washington.intercontinental.com*

LEMONHEAD: You've tweezed, you've waxed, maybe you've even thread-



ed, but have you sugared? Eyebrow sugaring (\$20, 15 minutes) at PR at Partners still hurts, but not quite as much as waxing. The mixture, which looks like exceptionally gooey honey, is a sticky blend of sugar, lemon, water and herbs. The lukewarm goop is applied with a cotton swab, then removed with

"Sugar is gentler than salt, which can be rough and irritating to the skin."

a precise flicking of the wrist that rips hair out at the root. For larger swaths of skin, such as the legs, one huge wad of sweet stuff is used again and again for the whole area. According to spa director Laura Reichel, the results are long-lasting, and repeated treatments can slow hair growth. And it's gentle enough for sensitive skin, she said. Because the formula is edible, this tester actually took a small bite — for the story, of course. Try *that* with wax.

→ *PR at Partners Mazza Gallerie: 5300 Wisconsin Ave. NW, 202-966-6771; prpartners.com. Also available at Manassas, Warrenton, Chantilly and Shirlington locations*

SWEET SMELLS: Check into the Hotel Topaz to check out the Brown Sugar Massage (\$140, 50 minutes), a rubdown using sweetly scented Fresh products. The atmosphere is set with burning Sugar candles, which fill the air with citrus and caramel. Climb under a sheet spritzed with Lemon Sugar perfume and surrender to candied massage bliss. The sugar body oil sends you away smelling not unlike a lemon cookie.

→ *Hotel Topaz: 1733 N St. NW, 202-393-3000; kimptonhotels.com*

Bliss
Out

Coming in April...

New Balance Washington, D.C. I
5301 Wisconsin Ave
(202) 237-1840

New Balance Washington, D.C. II
1020 Connecticut Ave.
(202) 587-5338

New Balance Tysons Corner
7910 L. Chain Bridge Rd.
(703) 893-2771

The Ultimate Trail Shoe!



THE 872 IS A LIGHTWEIGHT TRAINER BUILT FOR THE OFF-ROAD ENTHUSIAST SEEKING EXCEPTIONAL CUSHIONING AND GROUND CONTACT.

new balance

Time to Face the Facts

Kick out anything on your visage that isn't an eye, nose or mouth

Imagine how incredibly ugly you would look without your face. There you'd be, casually sitting at a bar, flashing your big rictus grin, and then, right before your exposed eyeballs, the other patrons would run out in drunken horror.

Of course, simply having a face is no guarantee that you won't produce the same results when you show up on Ladies' Night. There are all sorts of bumps, blemishes, and dermatological baddies that can keep a man's mug from being a kisser. Match up what you see in the mirror with this ID guide, and we'll tell you how to serve up a few eviction notices.

You Keep Blushing

Your problem isn't psychological; it's dermatological. An estimated 5 percent of men over 40 have rosacea — a condition in which hyperactive blood vessels produce a spo-

radic red-in-the-face effect. If it's left untreated, the blush lasts longer, and bumps and pimples start to pop up.

Get out of the sun; ultraviolet A radiation is a common rosacea trigger. Watch the wine, too, as red vino is most likely to produce a matching face. Exercise keeps rosacea sufferers flushed for as long as 3 hours after cooling off. Keep your body temp under control throughout your workout by periodically misting your face with water. If that doesn't work, ask your dermatologist about Noritate, a prescription anti-inflammatory cream.

You're Seeing Spots

Who put them there? You did, by going SPF-less one too many times. Commonly known as age spots, these brown marks are actually little piles of sun-damaged dermis that clump together over the years.

Once a day at bedtime, apply a



GETTY IMAGES

skin cream that contains the spot-erasing ingredient kojic acid. Check your drugstore for ProCyte Kojic Complex gel. And to prevent new age spots from forming, start basting your face with sunscreen now.

You Look Like a 17-Year-Old

You're oily and pimple-prone. It's those raging hormones again; testosterone can trigger an overproduction of sebum, a pore-clogging oily substance. Throw in some

bacteria and the clog may turn into an attention-grabbing red pustule, known better by the unscientific name "zit."

Put the Brillo pad down and use Benzac AC, a water-based, 2.5 percent benzoyl peroxide cleanser. It'll limit oil production, flush your pores, and kill bacteria without irritating your skin the way 10 percent peroxide solutions can. And if that doesn't work: Rub on a prescription retinoid cream to open up your pores and push out debris before they get completely clogged. Just make sure you ask your dermatologist for 0.1 percent Retin-A Micro or Avita; both are gentler than standard preparations.

Your Face Is Shedding

Red, itchy, flaking patches along your eyebrows, around your nose and mouth, and underneath your beard spell seborrheic dermatitis. The ol' snake face is thought to occur when the skin fungus pityrosporum starts multiplying out of control.

Realize that you basically have dandruff on your face. And the best way to handle dandruff? Wash your mug with an antifungal dandruff shampoo, like Nizoral. Or shave the mustache. BILL GOTTLIEB (BEST LIFE)

TANGO • FOXTROT • WALTZ • CHA CHA • SALSA • RUMBA • MERENGUE • SAMBA • MAMBO • SWING • HUSTLE • NIGHTCLUB • BALLROOM • COUNTRY & WESTERN • TANGO • FOXTROT • WALTZ • CHA CHA • SALSA • RUMBA • MERENGUE • SAMBA • MAMBO • SWING • HUSTLE • NIGHTCLUB • BALLROOM • COUNTRY & WESTERN

Dance The Night Away!

Alex/Landmark 703-751-4336 Tysons Corner 703-556-0088 Bethesda 301-657-2700

Silver Spring Hwy 29 N. 301-681-4466 Gaithersburg 301-590-0387

Arthur Murray
Franchised Dance Studios

WWW.ARTHURMURRAYDC.COM
What you do on the dance floor is our business!

Drive you.

"Cars" can put you in the right wheels. **Wednesdays.**

express

X017b 2x2.5

SugarHouse

Day Spa and Salon

Refresh Yourself for Spring!

Massage Therapy	Salon Services
Medi Spa Services	Day Spa Packages
Skin Care Treatments	Body Care Treatments

★★★★★
Rated as one of
"DC's top salons and spas"
by WASHINGTONIAN

111 North Alfred Street
Old Town Alexandria, VA
703.549.9940
www.sugarhousedayspa.com

| THE EXPERT'S

ChewOnThis

Dream Eats

Q I've been having trouble falling asleep for the last four or five weeks, and my dad says it's because I'm eating dinner around 9 or 10 p.m., when I get home from work. (I hate eating gross microwaveable meals at work, though.) Could what he's saying be true?



Eating dinner that late may not give your body enough time to properly digest your meal, causing you to have

trouble sleeping. From a nutrition standpoint, it would be better for you to enjoy a healthy snack toward the end of your work day, then prepare a smaller meal when you get home. Munch on an apple with peanut butter, cottage cheese with peaches, or a handful of nuts and raisins. Eating snacks with both carbohydrates and protein will give you energy and keep hunger at bay.

For dinner, try a quick fix such as minestrone soup with whole-grain crackers, leftover turkey chili or a whole-wheat pita stuffed with tuna fish and chopped veggies.

Other healthy habits can also help you snooze, including exercising regularly, limiting caffeine and alcohol, and maintaining a regular sleep pattern (e.g., waking at the same time every morning).

Kristen Ciuba, MS, is the nutritionist at Results the Gym in Washington, D.C. She also implements corporate nutrition programs for local companies. E-mail her at nutrition@readexpress.com

Food for Fright

TLC's Lisa Hark introduces diet shock therapy

Q&A | The scare tactic nutritionist Lisa Hark employs on the new TLC show "Honey We're Killing the Kids" (Mondays at 9 p.m.) is a computer projection that factors in the poor eating habits of cuties and transforms them into hideous, decrepit 40-year-olds. Their freaked-out moms and dads then turn to Hark, the director of the Nutrition Education and Prevention Program at the University of Pennsylvania Medical School, for guidance on how to prevent this foul future. She explained her diet makeover methodology to Express' Vicky Hallett.

What is the effect of the projection technique on parents?

It forces them to think about the current diets and how that will affect their kids' life expectancies. Parents are affected in an emotional way. They never want their babies to look like that.

What do you do when a kid doesn't want to change? Like James, who almost ran away from home.

Kids are actually the most able to change. Adults would hold a grudge for months if someone took away their TV. In the case of James, Mom was able to stay strong and by the end of the three weeks, he'd made the greatest transformation.

What should parents be buying at the supermarket?

Fruits and vegetables. I often hear that they're too expensive, but buy them in season. Buy five fruits and five vegetables, both fresh and fro-



Lisa Hark convinces her TV families to swap healthy meals for the fat-laden atrocities normally found on their dinner tables. Tofu doesn't always go over so well.

zen. I use frozen vegetables every night. The string beans are already cut for you.

But aren't frozen veggies not as good for you?

It depends on how you cook them. Saute them with a little olive oil and you're fine. You don't want to kill them.

And you're into whole grains, too?

Whole grains have a tremendous benefit. Start your children early. There are 600 new products out now, including whole-wheat pizzas, wraps and pretzels, that are great to ease kids into it. There's Barilla pasta that looks white and my kids eat it up and have no idea it's better for them. You can mix it

up with white and whole-wheat pasta to help transition them.

On the issue of the supermarket, if you're bringing a child, set ground rules. Make a list of what you're going to get. Say this is the one junk food thing we're going to get. And if it becomes a battle, don't bring them. It's a learning opportunity for children. A lot of young children don't know what an avocado looks like.

So one junk food item is OK?

You don't want to deprive them or they'll sneak something at school or at a friend's house. In my family, we decide ahead of time and then we get the small box of cookies or something. If they ask for something else at the store, I say, "Which one is it going to be?" They have to choose. So by the end, we end up with one thing, not 10 things.

One of the rules on your show is to watch less TV. How can you say that on TV?

Do I feel like a hypocrite? No. One to two hours is fine. The children and teenagers on the show are watching four to seven to hours a day, including video games. Parents need to limit it. They can play one game, but they can't sit there for three hours.

How much are parents to blame?

Parents need to take responsibility and be good role models. Stop buying junk food and bringing it into the house. Children will eat anything in the afternoon when they get home from school, so that's the best time to offer fruits and vegetables. Go outside and play with your kids. I'll go on the swings, play tag. Children want to emulate their parents. If you sit at the computer, they want to sit at the computer. My daughter recently decided she wanted to go on the treadmill like mom.

Out of the Frying Pan ...

■ Skillet Chicken Breast Aglio e Olio (6 servings)

INGREDIENTS: Six 6-ounce skinless, boneless chicken breast halves; 1/2 teaspoon salt; 1/3 cup all-purpose flour (about 1 1/2 ounces); 1 tablespoon olive oil; 2 tablespoons butter; 8 garlic cloves, thinly sliced; 2 to 3 tablespoons capers, drained; 4 pickled hot cherry peppers, halved and seeded; 1 cup vegetable broth, preferably organic; 1 tablespoon dry bread crumbs; 3 tablespoons chopped fresh flatleaf parsley

MAKE IT: Sprinkle chicken with 1/4 teaspoon salt. Dredge chicken in flour. Heat oil and butter in a large nonstick skillet over medium heat. Add chicken; cook 4 minutes on each side or until browned. Add garlic; cook 30 seconds. Add capers and



peppers; cook 30 seconds. Add broth; bring to a boil. Reduce heat, and simmer 5 minutes or until chicken is done. Stir in bread crumbs; cook until liquid thickens (about 1 minute). Taste sauce, and add remaining 1/4 teaspoon salt, if needed. Remove from heat; sprinkle with parsley. (AP)

286 cal., 8.5 g total fat (3.3 g saturated), 40.9 g pro., 9.1 g carbohydrates, 0.6 g fiber, 109 mg cholesterol, 831 mg sodium

VITALSTATS

40

THE PERCENT THE PRICE OF NAME-BRAND MEDICATIONS HAS GONE UP IN THE U.S. SINCE 1999, ACCORDING TO A STUDY BY AARP.



↑ Eggology (\$5)

THE VERDICT: This clear, pale-yellow liquid is a little disconcerting, but it cooks up into fluffy, pure-tasting egg-white omelets. Unlike most liquid egg brands, nothing is added—this is 100 percent egg, no artificial colors or flavors. That also means no omega-3 or other value-added nutrients, though. If you want yellow eggs, Eggology suggests adding a little turmeric.

4 score

Healthier egg options for Easter omelets



→ Organic Valley (\$3.89)

THE VERDICT: These eggs are laid by privileged hens, who roam freely and chow down on organic, vegetarian grub. The flax seed they're fed enriches each egg with 225 mg of omega-3. Oddly, these oeufs don't have much flavor—they tasted bland, but fresh—more like an egg-white omelet.

← Better 'n Eggs Plus (\$3.29)

THE VERDICT: Our egg tester said a scramble of these liquid eggs (98 percent white) tasted "mass-produced," like what you'd find in a cafeteria or fast-food joint. In other words, a little unnatural, but tasty just the same. And they're enriched with calcium and omega-3.



← Gold Circle Farms DHA Omega-3 (\$5.89)

THE VERDICT: Gold Circle's liquid eggs (laid by vegetarian, cage-free chickens), have an extremely odd, strong taste—a little sulphurous, a little gamey. Like Better 'n Eggs, they are 98 percent egg white, with 2 percent going to oil, seasoning and other ingredients.



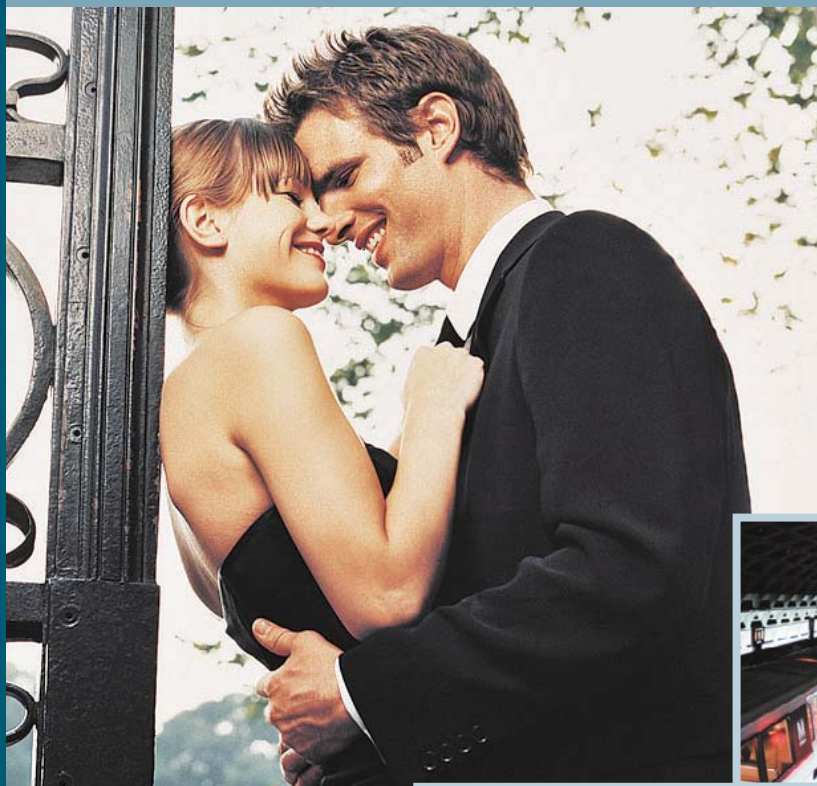
express

nonstopconnection



cityhomes

by CENTEXSM



After 56 years and over 400,000 homes nationwide, today is the day that we launch our Cityhomes brand with the finest in urban environments, amenities, features, quality and value. Learn why the excitement has been building at CentexCityhomes.com, and get ready to enjoy life.



Enjoy Life.



SCENE

Arlington, VA

Scene near Courthouse Metro Now Previewing from the \$400's.

- Luxurious ambience with grand lobby entrance
- Sophisticated lounge with state-of-the-art media dynamics
- 1 bedroom, 2 bedroom and 2 bedroom/den condominiums
- Incredible spaciousness ranging from 950 - 2,200 square feet
- Gourmet kitchens with granite countertops and stainless steel appliances
- Gas fireplaces, exotic hardwood flooring and berber carpet
- Hand-laid ceramic tile and Moen faucetry
- Expansive windows with sweeping urban views

Preview Scene at our Cityhomes Sales Center at 2111 Wilson Blvd. Suite 111: From I-66E, exit at Fairfax Drive, Exit 71. Continue on Fairfax Drive for approximately 3 miles, to a left on Wilson Blvd. The office building will be located on your left. One-hour parking is available. Or take Washington D.C. Metro orange line. Exit at Courthouse Station. Our entrance is on the side of the building, facing Veitch Street.

Phone 703-465-1320 or 1-877-682-3700.

Open 10-6 Daily. Brokers Welcome.

www.CentexCityhomes.com

Prices terms and availability are subject to change without obligation.

This is not an offer in states that require registration. MHBR # 483

Cityhomes is a registered trademark/service mark of Centex Homes, a Nevada general partnership. Cityhomes is not the developer or builder of Cityhomes communities but is merely a marketing brand utilized by Centex Homes and its affiliates for its urban condominium projects.

Developed by Scene at Hilltop, LLC



A 2-year Fit And Finish Warranty.



preview.